CITY OFFERS 0-INTEREST GREEN LOANS, PG 11

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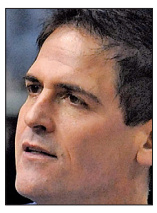
*Details on website.

Mark Cuban charged with insider trading

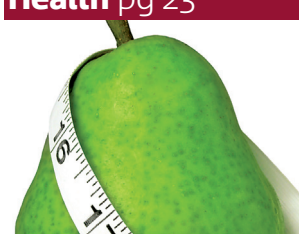
MAVERICKS U.S. regulators charged Dallas Mavericks owner Mark Cuban yesterday with insider trading.

In a civil lawsuit, the U.S. Securities and Exchange Commission alleged that in June 2004, Cuban was invited to get in on stock offering by Mamma.com Inc. after he agreed to keep the information private. The SEC said Cuban knew the shares would be sold below the current market price, and a few hours after receiving the information, he told his broker to sell all his 600,000 shares before the public announcement of the offering. By selling when he did, Cuban avoided losses exceeding $750,000, the SEC said.


Mark Cuban

Cuban disputed the allegations and vowed to contest them. THE ASSOCIATED PRESS

Health pg 23



Tips to curb diabetes

Canada pg 6

Dental care for kids decayed?

ShareYourViews
torontoletters@metronews.ca

Toronto vs. Boston **Bruins edge out Leafs**

FRANK GUNN/THE CANADIAN PRESS

Toronto Maple Leafs right winger Nik Antropov collides with Boston Bruins goaltender Tim Thomas during second period NHL hockey action in Toronto yesterday. The Bruins beat the Leafs 3-2. Story, page 15.

Ontario to toughen young driver rules

New law would extend licensing process to up to 3 years

Young drivers in Ontario would face restrictions for up to three years — an increase from the current two — under legislation being introduced today.

The proposed changes to the province's graduated licensing system, including zero tolerance for speeding and for drinking alcohol before getting behind the wheel, and a limit of one teenage passenger, are aimed at reducing the death toll among new, young drivers.

"Teenage drivers are 3½ times more likely to be involved in a fatal collision," said a source familiar with the legislation being introduced by Transportation Minister Jim Bradley.

To alleviate concerns about limiting teenage passengers to one, members of the driver's immediate family would be exempt, the source said. "You can have as many immediate family members in the car as there are working seatbelts."

Under the bill, young drivers with G1 licences would be on probation for 18 months — up from 12 — but could have that period reduced to 12 months if they take a recognized driver education course for beginners, the source said.

Driving change

- The proposed changes follow a push by Mothers Against Drunk Driving and the father of 20-year-old Tyler Mulcahy, who was killed in a drinking-and-driving accident near the Muskoka town of Port Carling last July.

A driver with a G1 licence must now be accompanied by a licensed driver with at least four years experience, and can't drive on 400-series highways, the Gardiner or similar freeways.

Young drivers with G2 licences would also face an 18-month probation, but be allowed to have more than one teenage passenger after 12 months under the changes, the source added. TORSTAR NEWS SERVICE

Canadians' online spending jumps 61%

STATSCAN Canadians have become more comfortable buying online and ordering items such as clothing and accessories over the Internet, making cyber shopping more mainstream.

Almost $12.8 billion worth of shopping orders were placed online in 2007 — a 61 per cent increase from the previous survey in 2005, Statistics Canada said yesterday.

"Online shopping is actually complementary to traditional retail." Larry McKeown, StatsCan

The purchase of more personal items was making e-commerce more common.

Clothing, jewelry and accessories was the fourth most popular category in online shopping at 29 per cent after travel, the purchase of books, magazines and online newspapers, and entertainment products such as tickets for concerts and sporting matches.

The survey indicated consumers were using it to supplement going to stores, said Larry McKeown with StatsCan, adding they were window shopping and doing price comparisons.

"Online shopping is actually complementary to traditional retail," he said, adding window shopping for big ticket items such as cars is common. "So when they go into the store, they already know all of the specs." THE CANADIAN PRESS

Do you have to go to the dentist to get your teeth cleaned? Not anymore!

Now you have a choice…see page 29

independent DENTAL HYGIENE CENTRES

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Gun find leads to charges
The discovery of a loaded 9-mm handgun in a car in the entertainment district has led to charges against two men, including one wanted in connection to shots fired at an east-end nightclub in July. Kimani Joseph, 25, of Whitby, and Jason Walters, 26, of Ajax, face charges. TORSTAR NEWS SERVICE

Local

Hundreds mourn slain realtor

About 500 people attended Susan Ryan's funeral in Mississauga yesterday at Cooksville United Church. The outpouring of emotion over Ryan's death was a reflection of the way she touched so many people, Rev. Richard Miller told the overflow crowd. The 57-year-old real estate broker was shot dead in her home on Nov. 9. Her husband, Larry, a recently retired Toronto police officer, is charged with second-degree murder in her death. TORSTAR NEWS SERVICE

INDEX

Canada Pg 6
World Pg 8
Comment Pg 10
Business Pg 11
Your Money Pg 13
Sports Pg 15
Workology Pg 19
Health Pg 23
Entertainment Pg 31
TV Listings Pg 35
Celebrity Buzz Pg 36
Take Five Pg 38

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Lotteries

Ontario Pick 3 1 5 8; **Ontario Pick 4** 5 2 6 7; **Encore** 8708623; **Daily Keno** 5, 6, 7, 8, 11, 13, 14, 20, 22, 25, 28, 30, 34, 40, 42, 47, 48, 58, 65, 70
These results are not official.

Bedbug funds urged

Cash to help city residents fight pest problem

Toronto's public health department is urging the city to put up $75,000 in emergency funding to help vulnerable adults in the city get rid of bedbugs.

But that's just one-time funding, and city officials are predicting that far more will be called for when a special committee tackling the city's bedbug problem reports next spring.

"I don't want to guess, but it'll be a lot more than $75,000," Coun. John Filion, who chairs the Toronto Board of Health, said yesterday.

If approved by city council next month, the emergency money will help people who don't qualify for welfare or disability support payments to pay for services that prepare and spray their homes for the insects. TORSTAR NEWS SERVICE

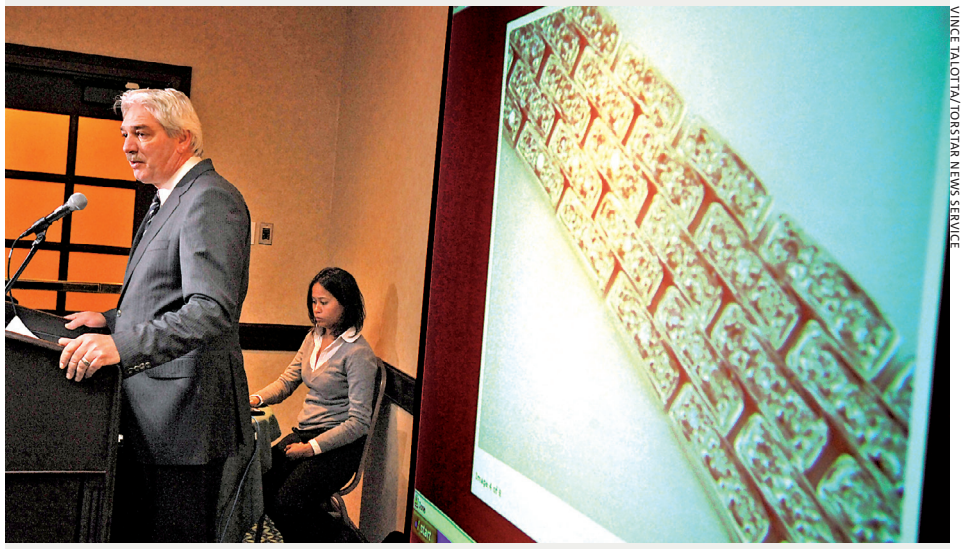
Request for help

- Between March and October, Toronto public health received 1,444 requests for help to get rid of bedbugs.

Anti-fluoridation efforts gain ground

WATER Back in the 1960s, when the fluoridation of water became widespread, objections to the practice tended to come from the fringes. Today, as municipalities begin to debate fluoridation anew, the arguments against it are more mainstream. Halton's Health and Social Services Committee this week voted to recommend to the full regional council that Halton stop fluoridating its water. University of Toronto dental professor Dr. Hardy Limeback says almost everyone gets enough fluoride from toothpaste and other oral hygiene products.
TORSTAR NEWS SERVICE

Stolen jewelry **Bronfman family offers reward**



VINCE TALOTTA/TORSTAR NEWS SERVICE

Licensed investigator Mark Mendelson makes an announcement on behalf of the Bronfman family in downtown Toronto yesterday. Mendelson said the family is offering a substantial amount and full anonymity to anyone who returns jewelry — worth $1 million — stolen from their Forest Hill home.

$16 an hour wage minimum for decent life, report says

STUDY Forget dreams of a $10 minimum wage lifting thousands of workers out of poverty. A couple raising two young children in the GTA would each need to earn at least $16.60 an hour to have a decent quality of life, says a new study to be released today. A single parent with one child would need to earn $16.15 an hour.

Ontario's minimum wage is $8.25. It will rise to $10.25 in 2010.

Employers and government must look beyond minimum wages towards the concept of a living wage that allows workers to raise healthy, happy children, says the study by the Canadian Centre for Policy Alternatives. TORSTAR NEWS SERVICE

More food for inmates in court

"I'll have the Chicken Neptune."

That was the joking response of a prisoner in an Oshawa courtroom yesterday after Durham Regional Police Service reluctantly agreed to feed seven inmates more than a granola bar and juice box during lengthy court proceedings.

But the issue is no laughing matter, say the defence lawyers who complained their clients would be too hungry to follow their preliminary hearing, scheduled to begin today and last five weeks.

In September, defence lawyers, led by Daniel Brown, brought an application in an Oshawa court asking Justice David Stone to order Raymond Martin and six co-accused be provided additional food and drink.

But before the application could be heard yesterday, Kevin Inwood, a lawyer for Durham police, announced the force will add a sandwich and apple to the daily menu in order not to delay or disrupt the proceeding.
TORSTAR NEWS SERVICE

Lunch

- Since August, inmates of Durham Region's five courthouses have received one granola bar and juice box at lunch. Previously, the inmates were given a cheese sandwich on white bread and can of pop.

$2,000 stolen from poppy boxes

Toronto police have released surveillance photos of a man suspected of stealing 16 or 17 poppy donation boxes from counters in the city's east end ahead of Remembrance Day and pocketing about $2,000 meant to help war veterans. TORSTAR NEWS SERVICE

Late Clarkson train

InTransit

Ed Drass

transit@eddrass.com

Mario Rivera of Mississauga writes that for weeks the 7:58 a.m. GO train from Clarkson station to Union has been arriving late every day "with the same old lame excuses: switch problems, holdups at Union, late [equipment] arrival, etc. We are really sick and tired of listening to the poor 'train ambassador' apologize … he should be called the Apologies Ambassador."

The reader adds, "Given the fact we pay almost $200 per month to use the train, being on time should be expected."

GO Transit's performance results (look under Schedules at gotransit.com) indicate the earliest Lakeshore West trains are the least tardy and it gets worse as 8 a.m. approaches.

Over the last year this Clarkson train arrived within five minutes of schedule only 75 per cent of the time and the following run (leaving Oakville at 7:58 a.m.) was punctual just 63 per cent of the time.

GO chief Gary McNeil says no one problem is hurting the Clarkson 7:58 — there have been a variety of causes. "It's a susceptible train," he says. It could be worse; riders on the 7:46 from Oshawa to Union suffer delays four out of 10 trips, aboard railcars that are even more overcrowded. Ouch.

Squeezing so many trains onto the timetable leaves the system vulnerable to any mechanical problem or track congestion. Most riders understand how "cascade delays" ripple through to later runs, but McNeil acknowledges his agency still needs to explain slowdowns more clearly, and sooner.

One radical option would increase overall reliability: Cancel the worst-performing trains. That's just not on — instead GO is planning ahead for the opening of long-awaited bypass tracks along the Lakeshore corridor, plus a new overnight train storage area in Hamilton. This could create enough new capacity by March 2009 to slot in a new peak period train starting from Hamilton — GO would like to add a partial run even sooner.

Quick Tip

- The train just prior to the tardy Clarkson 7:58 run boasts slightly better "OTP" — on-time performance — at 82 per cent. Cancelled trains are counted in the category of serious delays; that is, over 20 minutes late.

Note to readers

As of next week In Transit moves to Mondays. Look for it on the Comment/Views page.

Ed Drass has a degree in urban studies from York University and regularly rides transit in the GTA.

Tolls way to improve transit, observers say

The biggest transportation plan in the Toronto region's history failed to recommend road tolls as a way to pay for billions in needed transit improvements.

But if the absence of tolls from Metrolinx's $50 billion transit expansion plan suggests the idea is dead, nobody told the 125 people, including almost two-dozen from the provincial government, who packed a one-day conference in Toronto last week.

With only $11.5 billion dollars committed for the plan so far, by the province, the question of where the other $38.5 billion will come from looms large.

Metrolinx chair Rob MacIsaac reiterated as recently as the weekend that the idea of a road toll or other tax will be easier to sell publicly once transit and other improvements are in place. A 10-cent-per-kilometre charge on the QEW from Hamilton to Toronto, for example, would cost a commuter about $260 a month.

But observers like Trent University economics professor Harry Kitchen maintain it's not a matter of if we'll see road tolls, it's when.

Municipalities need new means to pay for aging infrastructure. His research suggests road tolls could be among the fairest ways of doing that.

TORSTAR NEWS SERVICE

News in brief

COURT A review of Romeo Phillion's murder conviction got off to a rocky start yesterday when three Ontario Court of Appeal judges began questioning his lawyer's claim that evidence exonerating his client was suppressed for more than 25 years. Phillion, 69, spent 31 years in prison for the 1967 murder of Leopold Roy. While Phillion confessed to the killing in 1972, he recanted within hours to six police officers and his own mother. If exonerated, he would hold the distinction of having served more prison time than any other wrongfully convicted Canadian.

TORSTAR NEWS SERVICE

AG says he's outraged by hate crimes

CRIME Attorney General Chris Bentley won't say whether an attack on a lesbian couple will be prosecuted as a hate crime.

Bentley says he's outraged by any hate-based crime. He told the provincial legislature yesterday that such matters are prosecuted to the fullest extent of the law.

Bentley says if sexual orientation is determined to be a motivating factor in any crime, it's reflected in the sentencing.

The minister was responding to NDP critic Cheri DiNovo, who wants the Crown attorney in Durham Region to say publicly whether the attack on the couple will be treated as a hate crime.

Jane Currie and her partner Anji Dimitriou were picking up their three children at a school in Oshawa on Nov. 3 when a man allegedly hurled insults and started hitting them.

Mark Scott, 43, of Oshawa, has been charged with two counts of assault causing bodily harm.

THE CANADIAN PRESS

Another tainted Smarties box
A Nestlé Smarties box has been found in Toronto with an over-the-counter drug inside. TORSTAR NEWS SERVICE

Top chef looks to Toronto

Canadians can't seem to get enough of Jamie Oliver — and the rumpled British chef is hoping to start a restaurant in Toronto.

Canada, he says, is one of the countries where his programs that aim to give new opportunities to disadvantaged youth, are most popular.

"I'd love to do something in Canada... It's a lovely country and the guys here have always been incredibly supportive so it's a bit of payback time, I think. It'd be nice," he says."I've been working here for seven, eight years now. And from the day I (first) set foot here, there was a thousand to 1,500 people at a book signing."

Oliver, in town recently for a batch of media interviews, says he wants to return the love by starting one of his famed Fifteen restaurants in Canada.

The eateries are run by a charitable foundation. The story of the London location — which opened six years ago — was filmed as a TV show called Jamie's Kitchen.

The restaurants can now be found in Melbourne, Amsterdam and Cornwall, England. Oliver said he hopes to open a Toronto version of Fifteen, restaurants named for the first cohort of 15 young people, by 2010.

THE CANADIAN PRESS

Artist searches for pieces lost on TTC

TAGHREED MEQDADI
for Metro Toronto

Toronto artist David Swartz lost two important paintings last Wednesday in a black garbage bag on the TTC.

"I was meaning to bring these paintings And The Hand, and Hand The And The...Hand!… to the Liberal Arts School, where I work as an art teacher.

"But I lost them between Broadview station and Eglinton Station," Swartz

said.

"Both are acrylic on canvas and are signed by myself," he added.

The paintings have appeared in various exhibits, hand the and, Birds on ladders and pain and deliverance.

Swartz is offering another painting as a reward for their recovery.

He can be reached anytime at 416-569-3599. His studio is at 225 Broadview Ave.

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Troops get six civilian helicopters

Until they get their own helicopters next year, Canadian troops in Afghanistan will have access to six civilian choppers from Toronto company Sky Link to lessen the risk of insurgent attacks while moving along the country's dangerous roads. THE CANADIAN PRESS

Canada

"We are planning to slow down the mail delivery..."

Richard Des Lauriers, Union president of Postal Communications Employees

Postal workers strike

Canada Post administration and technical staff went on strike early yesterday in a dispute over disability and family-leave benefits. The company said delivery of mail wouldn't be affected, but the union said otherwise.

THE CANADIAN PRESS

Province, feds team up to tackle auto bailout

Ontario will team up with Ottawa on a visit to Washington to get the "lay of the land" regarding a U.S. bailout of the auto industry.

The federal and provincial governments are on the same page when it comes to salvaging the battered sector, Ontario Economic Development Minister Michael Bryant said yesterday.

But the Ontario minister appeared more hawkish on a quick a decision on financial assistance than federal Industry Minister Tony Clement, who is leading the trip.

Noting the expected $25 billion bailout in the U.S. is "unlikely" this week, Bryant emphasized that Canada does not want "to be a position where we are playing a 'me, too' role."

Ontario officials said the fact-finding trip, which may include Detroit, could begin as early as tomorrow.

"Obviously part of the information-gathering is to canvass whether what we are doing is consistent with what is going on there and to what extent there are differences," Clement said.

He noted that Ottawa has not decided yet whether to inject cash into the struggling industry.

Clement said he's optimistic that with financial help and a new direction Canada's auto industry will flourish again, but cautioned Ottawa won't be rushed into a deal.

"... just getting a big shovel and dumping money over the side without any long-term objective or plan is not the appropriate way to handle taxpayers' money."
Federal Industry Minister Tony Clement

"I want to make the right decision rather than the quickest decision," Clement said.

Clement said Prime Minister Stephen Harper, Ontario Premier Dalton McGuinty and U.S. President-elect Barack Obama have agreed that "just getting a big shovel and dumping money over the side without any long-term objective or plan is not the appropriate way to handle taxpayers' money."

He said Canadians have to understand how important the automotive industry is to Canada with its 400,000 jobs and $28 billion to GDP. As many as 12 Ontario communities rely almost exclusively on the auto industry.

"It's a huge part of our economy," Clement said.

TORSTAR NEWS SERVICE

James Blunt **A good read**

RAFE ARNOTT/METRO CANADA

Singer James Blunt looks over a Metro yesterday before performing in Vancouver. The acclaimed musical artist was the guest editor of more than 100 Metro Global Monday editions.

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Parts makers should be included in government rescue plan: Analysts

The Canadian automotive parts industry has received a "positive response" to its plea for government loan guarantees, but the money can't come fast enough, said Gerry Fedchun, president of the Automotive Parts Manufacturers' Association.

"With bated breath we're waiting to know what the government's going to do because as time marches on, it's getting more and more difficult to hold on," Fedchun said. "Our fingertips are getting really raw from holding on."

The association held an emergency meeting in Toronto yesterday to discuss the future of the industry in light of a slump in U.S. vehicle sales, tight credit markets and a general economic slowdown.

20,000 Jobs already lost in the auto parts industry in the last five years.

The so-called Detroit Three North American automakers — General Motors, Ford and Chrysler — have cut tens of thousands of jobs in an attempt to streamline operations and save cash.

Industry analyst Bill Pochiluk of Automotive-Compass, who spoke at the meeting, said the Canadian auto parts industry will lose another 50,000 to 60,000 jobs if the government doesn't provide immediate assistance.

"You really get a domestic effect affecting hundreds of suppliers," said Pochiluk. "Once this house of cards starts to break down, the impact will be swift and it will be pervasive."

In total, Pochiluk estimated that between two and three million North American jobs could disappear within a year if the U.S. and Canadian governments don't provide financial assistance to the auto sector.

Some smaller parts companies have already gone under, and it's likely more will disappear before the current crisis is over, said Carlos Gomes, an economist with the Bank of Nova Scotia.

THE CANADIAN PRESS

Ontario failing to protect kids' oral health, report says

HEALTH Complications from tooth decay are one of the leading causes of school absences and Ontario is failing to provide access to proper dental care for the province's underprivileged children, says the Ontario Dental Association.

Ontario's children don't need to be walking around with rotting teeth, association president Dr. Larry Levin told the Star.

The dental association has prepared a special report, entitled Tooth Decay in Ontario's Children: An Ounce of Prevention — A Pound of Cure, on what it calls an urgent problem.

The group, representing the province's 7,000 practising dentists, is calling on the government to improve children's access to oral care, invest in an education campaign and to continue community water fluoridation.

TORSTAR NEWS SERVICE

Throne speech will centre on economy

POLITICS Economic tough times are forcing the government to rewrite the script for tomorrow's throne speech, scrapping a "laundry list" of priorities in favour of a speech focused almost solely on the financial woes buffeting the nation.

The throne speech that Governor General Michaëlle Jean will deliver tomorrow at 2 p.m. will send a clear signal to MPs and the nation that the economy will be the "dominant" focus of the parliamentary session that resumes today.

"It's less a prescriptive ... list of policies and actions," said an aide to the PM. TORSTAR NEWS SERVICE

News in brief

LAW An Ontario law that has effectively prohibited farm workers from unionizing is unconstitutional, the Ontario Court of Appeal said yesterday in a ruling supporters say will bring Ontario into the 21st century and in line with nearly every other province.

TORSTAR NEWS SERVICE

Price of Montreal's Grand Prix too high
A day after it became official that Montreal would indeed lose the cash cow that is the Grand Prix, both government officials and business owners agreed yesterday that the price was simply too high and that the city would survive without it. THE CANADIAN PRESS

Man jailed for for attack on Jewish centres

CRIME One-half of a Montreal duo accused of firebombing two Jewish institutions was sentenced to four years in prison yesterday for what a Quebec court judge decried as an act of terrorism.

Azim Ibragimov, 25, pleaded guilty earlier this year to tossing a Molotov cocktail at the Skver-Toldos Orthodox Jewish Boys school in September 2006 and at the Ben Weider Jewish Community Centre in April 2007.

Ibragimov also pleaded guilty to writing letters that claimed the crimes were committed in the name of Islamic Jihad.

THE CANADIAN PRESS

News in brief

PLANE CRASH Family members of one of the seven victims of a B.C. plane crash tried to get to the crash site on a remote island early yesterday, but were turned away. "I don't think it's something they would want to see," said RCMP Cpl. Peter Thiessen at a news conference. THE CANADIAN PRESS

Asthma diagnosis may be overused

Some 30 per cent of adult Canadians diagnosed with asthma do not actually have the disease, new research out of the University of Ottawa suggests.

That would mean as many as half a million people across the country are inhaling potentially dangerous steroid medications — and unnecessarily spending hundreds to thousands of dollars a year on them — says Dr. Shawn Aaron, head of respiratory medicine at the school and the lead study author.

While the study, which appears today in the Canadian Medical Association Journal, did not look at children, — among whom asthma diagnoses have been skyrocketing in the past decade — there is good reason to believe their numbers are inflated too, Aaron says.

The study appears today in the Canadian Medical Association Journal.

"The prevalence of asthma increased by 75 per cent in adults in Canada from the early 1990s.... and I think that part of the increase in prevalence may be due to overdiagnosis," Aaron said.

But Aaron says doctors most likely failed to order simple "spirometry" tests that measure lung capacity.

The doctors, by not performing the tests, aren't weeding out other causes of asthma-like symptoms, he says, like pneumonia, or respiratory syncytial virus, Aaron said.

"So if you're taking medicines for a condition you don't have, you're spending money out of pocket, or the health care system is spending money out of pocket that's not going to give much return for investment."

TORSTAR NEWS SERVICE

The numbers

- It's estimated that 5 per cent of adult Canadians have asthma.
- If 30 per cent of these don't have the disease, then some 500,000 people are misdiagnosed.

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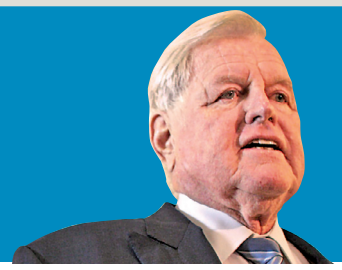
Obama remains a big draw

CBS' 60 Minutes had its highest overnight ratings in nearly a decade with a Sunday episode featuring Steve Kroft interviewing U.S. president-elect Barack Obama and the future first lady. Nielsen Media Research's preliminary estimate says the show was seen by 24.5 million people. THE ASSOCIATED PRESS

World



Kennedy returns to work

U.S. Senator Edward Kennedy, left, who is fighting a malignant brain tumour, is back at work in the Senate for the first time since July. He met yesterday with his staff on Capitol Hill as the Senate returned for a brief session to deal with the economic crisis. The Massachusetts Democrat said he's looking forward to working on an economic stimulus package and is optimistic he can help forge a breakthrough on health-care reform. THE ASSOCIATED PRESS

News in brief

WILDFIRES With the ferocious Santa Ana winds dying down, firefighters yesterday made gains on three raging wildfires that have destroyed hundreds of homes and forced thousands of residents to flee the region in California. Wind gusts had peaked to 115 kilometres an hour at the height of the fires over the weekend, but by yesterday morning they had weakened to about 30 km/h, the National Weather Service reported.

THE ASSOCIATED PRESS

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U.S. campaign rivals meet

Obama, McCain to cooperate

U.S. president-elect Barack Obama and former Republican rival John McCain pledged yesterday to work together on ways to change Washington's "bad habits," though aides to both men said it was unlikely McCain would serve in an Obama cabinet.

Barack Obama

The two men met in Obama's transition headquarters in Chicago for the first time since the Illinois senator vanquished McCain in the presidential election Nov. 4. Obama said they wanted to talk about "how we can do some work together to fix up the country," and he added that he would offer his thanks to McCain "for the outstanding service he's already rendered."

Obama has said he is likely to invite at least one Republican to join his cabinet, but McCain was not expected to be a candidate. McCain is serving his fourth term in the U.S. Senate.

When asked if he planned to help the Obama administration, McCain replied, "Obviously."

THE ASSOCIATED PRESS

Taliban rejects peace agreement

AFGHANISTAN Taliban militants have rejected a peace overture from President Hamid Karzai, saying yesterday there would be no negotiations until foreign troops leave Afghanistan.

Karzai offered Sunday to provide security for reclusive Taliban leader Mullah Omar if he enters negotiations and said the U.S. and other western countries could leave Afghanistan or oust him if they disagree.

The U.S. disapproves of offering Omar protection.

THE ASSOCIATED PRESS

Attack

- A roadside bomb aimed at Afghan soldiers in southern Afghanistan killed four civilians yesterday.

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CBC

Baghdad to get a subway
Iraq plans to build a subway in Baghdad to help cut pollution and ease traffic on the city's chronically clogged streets. Baghdad Mayor Sabir al-Issawi said yesterday that Iraq's cabinet has earmarked $3.7 billion US for the project. THE ASSOCIATED PRESS

Stone Age family discovered

Scientists find earliest evidence of nuclear family in German grave site

A Stone Age burial site in central Germany has yielded the earliest evidence of people living together as a family.

The 4,600-year-old grave contained the remains of a man, woman and two youngsters, and DNA analysis shows they were a mother, father and their children.

"Their unity in death suggests unity in life," researchers said in today's edition of Proceedings of the National Academy of Sciences.

"We have established the presence of the classic nuclear family in a prehistoric context in Central Europe."
Wolfgang Haak

While tools and remains from the Stone Age have long been studied, there are few clues to the social relationships between people.

"By establishing the genetic links between the two adults and two children buried together in one grave, we have established the presence of the classic nuclear family in a prehistoric context in Central Europe — to our knowledge the oldest authentic molecular genetic evidence so far," lead author Wolfgang Haak of the University of Adelaide, Australia, said in a statement.

The researchers studied four multiple burials at Eulau, Saxony-Anhalt, all dated to the same time and containing adults and children carefully buried facing each other.

Several of the skeletons showed evidence of injuries, suggesting a violent attack. There was a stone projectile point in the vertebra of one woman and another had a skull fracture. Several had forearm and hand injuries, indicating attempts to protect themselves, the researchers said.

The scientists suggested that survivors of the raid later returned to bury the dead.

THE ASSOCIATED PRESS

Pirates hijack Saudi oil supertanker

AFRICA Somali pirates hijacked a supertanker hundreds of kilometres off the Horn of Africa, seizing the Saudi-owned ship loaded with crude and its 25-member crew, the U.S. navy said yesterday.

It appeared to be the largest ship ever seized by pirates.

After the hijacking, the pirates yesterday sailed the Sirius Star to a Somali port that has become a haven for bandits and the ships they have seized, a navy spokesman said.

The hijacking was among the most brazen in a surge in attacks this year by ransom-hungry Somali pirates. Attacks off the Somali coast have increased more than 75 per cent this year, and even the world's largest vessels are vulnerable. THE ASSOCIATED PRESS

Sirius Star

- The Sirius Star, commissioned in March and owned by the Saudi oil giant Aramco, is 330 m long — about the length of an aircraft carrier — making it one of the largest ships to sail the seas. It can carry about two million barrels of oil. Fully loaded, the ship's cargo could be worth more than $120 million.

News in brief

LIBYA U.S. President George W. Bush called Libya's Moammar Gadhafi to voice his satisfaction with a $1.5 billion US payment that Tripoli made to settle a long-standing dispute over terrorist attacks, including the bombing of a Pan Am jet over Scotland, the White House said yesterday.

POACHING An undercover investigation of the illegal wildlife trade in five African countries led to the seizure of about a ton of ivory along with hippo teeth and cheetah, leopard and python skins, the Kenya Wildlife Service said yesterday.

THE ASSOCIATED PRESS

Earthquake in Indonesia claims at least four lives

DISASTER A powerful earthquake jolted eastern Indonesia yesterday, killing at least four people, damaging hundreds of homes and briefly triggering a region-wide tsunami warning, officials said as they surveyed the damage.

The 7.5-magnitude quake struck off the coast of Sulawesi island in the middle of the night, sending thousands fleeing homes, hotels and even hospitals.

The U.S. Geological Survey said the earthquake struck 135 km from the nearest city, Gorantalo, on Sulawesi island.

It was centred 25 km beneath the sea and was followed by two strong aftershocks.

The Pacific Tsunami Warning Centre initially warned the temblor had the potential to generate a destructive tsunami along coasts within 1,000 km.

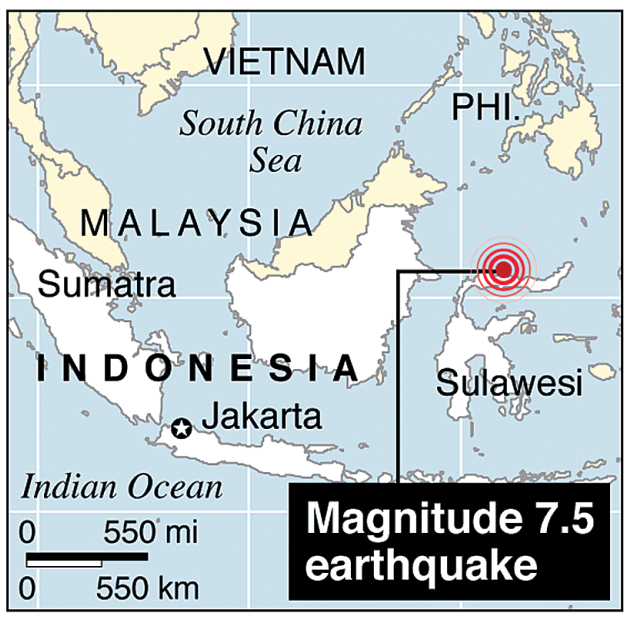
In December 2004, a massive earthquake off Indonesia's Sumatra island triggered a tsunami that battered much of the Indian Ocean coastline and killed more than 230,000 people — 131,000 of them in Indonesia's Aceh province alone. A tsunami off Java island last year killed nearly 5,000.

By morning, officials were starting to get a better sense of the damage.

Rustam Pakaya, the head of the Health Ministry's Crisis Centre, said four people died and 77 others were injured.

About 800 homes were badly damaged, some of them flattened.

THE ASSOCIATED PRESS



SOURCES: ESRI, USGS AP

Emissions up by 2.3% since 2000

ENVIRONMENT The United Nations' office dealing with climate change says greenhouse gas emissions rose 2.3 per cent in 40 leading industrialized countries from 2000 to 2006.

The UN Climate Change Secretariat says 2006 emissions levels were still down five per cent from 1990 levels. That drop was mostly attributed in yesterday's report to the economic decline of former communist countries in eastern Europe.

The UN holds its next climate conference Dec. 1 to 12 in Poznan, Poland, and will assess progress in setting new international goals for reducing emissions of greenhouse gases. THE ASSOCIATED PRESS

France 'virgin' marriage upheld

COURTS A French appeals court yesterday reinstated the marriage of a Muslim man who had sought an annulment because his bride lied about being a virgin.

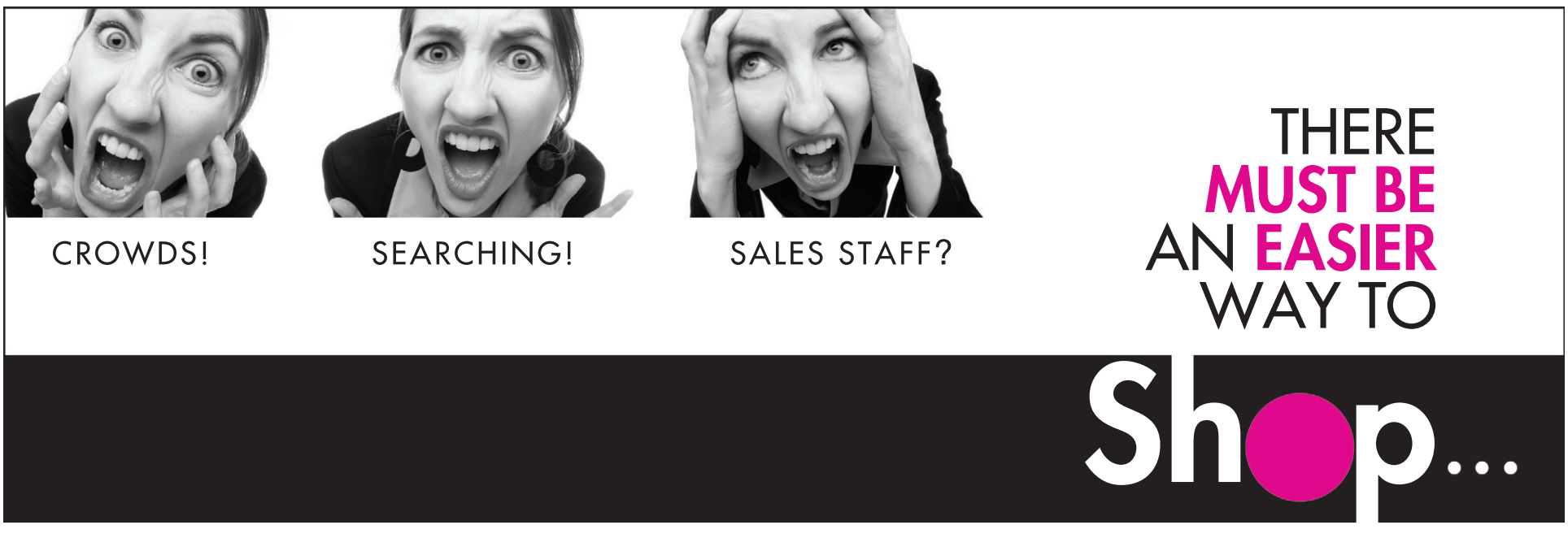
The couple married in 2006 but the husband quickly sought an annulment after discovering on their wedding night that his bride had lied about her virginity.

THE ASSOCIATED PRESS

Space station gets new toilet

ASTRONAUTS Yesterday was unpacking day for the astronauts at the International Space Station.

Among the top items to be hauled into the station: a new toilet and a contraption that purifies urine and sweat into drinkable water at the orbiting outpost. THE ASSOCIATED PRESS



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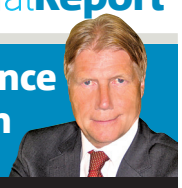
Hoping for harmony

Signs pointing to more peaceful Parliament

NationalReport



After five months of downtime, our palace of "dysfunction" as the prime minister called it, reopens today. We recall Parliament was shut down — and an election held — because it got so unruly they were thinking of handing out construction helmets.

The farces piled up. Everything short of bills stipulating new doorknobs for the parliamentary restaurant was declared a vote of confidence. Mini matters, such as an MP viewing his barely clad girlfriend on his laptop, became the talk of scandal.

The inmates can surely do better than this — and in this 40th parliament there is hope the discord can be turned to harmony. A global economic crisis tends to focus the mind beyond the flimsy.

We have a prime minister who seems less uptight than he was in his first confrontational term when it was like he was on a baby seal hunt. Stephen Harper met with the premiers last week, making peace around the table. He met with his party flock in Winnipeg and, sounding like he's becoming attuned to the Canadian mainstream, issued a warning against being ideological. He sat down with world leaders in Washington to gain a greater global perspective.

Prior to this, he appointed a new House leader, Jay Hill, who promises to be more accommodating than the last one. He has given his members permission to vote for a new speaker — the vote is today — to try and replace the current one, Peter Milliken, who has been unable to control the chamber.

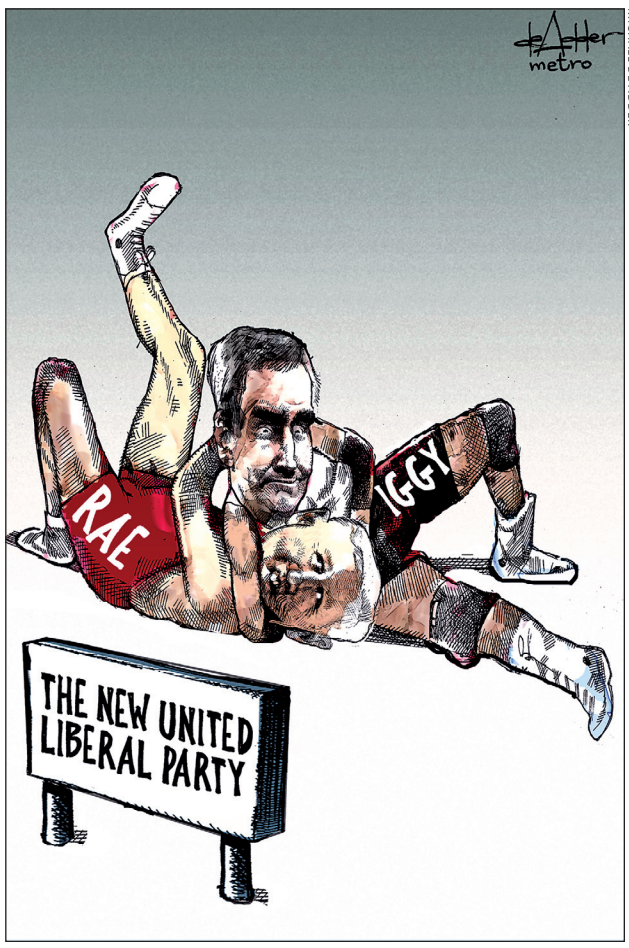
"We have a prime minister who seems less uptight than he was in his first confrontational term when it was like he was on a baby seal hunt."

The Liberals are in the course of electing a new leader, meaning there should be no attempts to bring down the government for at least a year to come. The opposition parties will rant and rave about the government heading into deficit, but it's a red herring. There's nothing wrong with running a modest deficit, as Mr. Harper has stated, as long as it isn't for the long term.

The example of a new more mature government in the U.S. may spread here and elsewhere. There is a wide sense, given the looming global crisis, that co-operation should replace confrontation. In Washington it was a group of 20 leaders — Paul Martin's original idea — that met instead of the unrepresentative G8. In Afghanistan, the president is inviting the Taliban for peace talks, something our government should be encouraging.

After a first term in which he seemed to spend more time undermining democracy than adorning it, Stephen Harper appears to have moved beyond the point of petty squabbling. Other political leaders in Ottawa will hopefully show the same rational spirit. It's no time for the small stuff.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.



MICHAEL DE ADDER

Views

Privacy, security go hand in hand

By DR. ANN CAVOUKIAN, PhD

For more than a decade, I have been advancing the concept that technology has the ability not only to encroach upon privacy — but also to protect it. Since the 1990s, I have been advocating that we can eliminate the "zero-sum" game of sacrificing privacy in favour of security — but only if we address how to protect privacy while we are creating new security technologies.

In other words, we must opt for a "positive-sum" scenario wherein privacy and security can both co-exist. In doing so, we enlist technology to protect privacy and safeguard personal information through privacy-enhancing technologies, called PETs.

When applied to technologies of surveillance, PETs can literally transform a security technology to one that is protective, rather than invasive, of privacy — hence my term for them: transformative technologies. But this can only happen if privacy is built directly into the architecture of a technology, at the developmental stage. I call this "privacy by design" — embedding privacy into the design specifications of whatever technology is involved.

Dr. Ann Cavoukian

One example of this is the new enhanced drivers' licences (EDLs) that at least four provinces are developing. Starting next summer, Canadians who are not carrying a passport must have an enhanced drivers' licence that meets U.S. standards in order to cross the U.S. border. B.C. already has a pilot project under way, and Ontario, Manitoba and Quebec will soon be launching EDL programs. A number of other provinces are considering this. These enhanced drivers' licences must include a radio frequency identification (RFID) tag in order to be accepted at the U.S. border. However, RFID tags are vulnerable to a number of security weaknesses that leave them open to eavesdropping, surveillance and identity theft.

That is why we must prevent the unauthorized disclosure of the information embedded in an RFID chip. Currently, the suggested method for allowing cardholders a measure of privacy is to provide them with an electronically opaque sleeve, called a Faraday Cage, which would block the transmission of information from the RFID. However, the truth is that most people won't remember to use the sleeve. In my view, the simplest and most elegant solution would be to add an "on/off" switch to the RFID chip. And this is becoming quite feasible. There are already several companies that have successfully developed and tested "on/off" switches for RFID chips.

We can achieve privacy without losing functionality, but only if we lead with privacy and embed it into the design and architecture of all new technologies — a true "win/win" for everyone.

Dr. Ann Cavoukian is the Information and Privacy Commissioner for the province of Ontario.

Letters

Jason Setnyk, CORNWALL, ONT.

Terrorists have thrown acid in the face of freedom. I was horrified by the news that some school children, including young girls, were brutally assaulted and scarred for life.

It is a stark reminder that the job in Afghanistan is not over. From 1996 to 2001, the Taliban ruled, and they eliminated women's rights. The Taliban lost the war in 2001, they lost power, and now a new generation of women has hope.

Attacking these young girls might stop some Afghan parents from sending their children to school. But this brutal assault has shown the world what these thugs stand for. It will only inspire the Afghan people and the troops stationed in Afghanistan to continue fighting hard until the streets are safe, and women there are treated with respect and equality.

Ricardo Di Cecca, BURLINGTON

Re: Portrait of Contempt, Nov. 13

There is an under-reported reason as to why so few voted on Oct. 14.

The electorate had no viable political party to address today's moral issues. In reality, it remains near impossible to find a party that speaks cogently, eloquently and coherently about matters of penultimate values.

Consider the squandered parliamentary vote on the redefinition of marriage, the run-amok human rights commissions, the divisive naming of an abortionist to the Order of Canada and, most recently, the Harper government's initiative to squelch C-484 (unborn victims protection bill).

When debate is limited and/or avoided, it will always result in stay-at-home, disenfranchised voters.

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Japan slides into recession
Japan's economy slid into a recession for the first time since 2001, shrinking 0.4 per cent in the July-September period as companies sharply cut back on spending. It joins the 15-nation euro-zone that is also technically in a recession. **THE ASSOCIATED PRESS**

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EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Iceland moves to secure loans

BANKING Iceland promised yesterday that depositors would get up to $26,600 US from accounts in collapsed Internet bank Icesave as it moved to secure $6 billion US in loans to refloat its financial system.

The International Monetary Fund agreed last month to lend Iceland $2.1 billion and help the country raise $3.9 billion worth of loans. But approval stalled because Britain argued Iceland needed to first pay back its citizens' deposits in collapsed banks. **THE ASSOCIATED PRESS**

In brief

MARKETS North American markets remained mired in losses yesterday as a big round of job cuts at Citigroup and further jitters about the U.S. economy pulled down most sectors. **THE CANADIAN PRESS**

Ethanol **Flying high**

ANDRE PENNER/THE ASSOCIATED PRESS

An ethanol powered aircraft, made by Embraer, is displayed at an international conference on biofuels in Sao Paulo, Brazil, yesterday. Brazil is second only to the United States as an ethanol producer. Former Brazilian agriculture minister Roberto Rodrigues said Brazilian ethanol will remain competitive with gasoline as long as oil is sold for $40 US or more per barrel.

City offering green loans

Two new funds launched yesterday by the City of Toronto are expected to make it easier for schools, churches, hospitals and other not-for-profit sectors to reduce their carbon footprint.

The $42 million Toronto Energy Conservation Fund and the $20 million Toronto Green Energy Fund, created as part of the city's climate action plan, make available zero-interest loans for projects that aim to make buildings more energy efficient or bigger users of green energy.

Up to $1 million will be available for individual projects, on condition that the funding represents no more than 49 per cent of total project costs. Both new and retrofit building projects, including those involving municipal buildings, are eligible.

Chris Winter, executive director of the Conservation Council of Ontario, said said the next challenge is to make it easier for schools, churches and other institutions to become aware of and act on the opportunity. **TORSTAR NEWS SERVICE**

Projects

- Typical projects include upgrades to boiler and ventilation systems, installation of energy-efficient lighting and the use of solar thermal panels to heat water.

Mutual fund cash-outs swell to $8.4B

The Canadian mutual fund industry suffered its worst month ever in October with $8.4 billion in net redemptions – compared with net sales of $2.4 billion in October of last year – and total industry assets ended the month 19.5 per cent below their year-ago level.

Last month's cash-out deepened the investment fund industry's September slump of $4.5 billion in net redemptions, which was the previous worst month on record.

The mutual fund sector has been battered by the stock market plunge, which has seen share prices on the TSX drop by more than 40 per cent since a record high above 15,000 in June. **THE CANADIAN PRESS**

Lowe's reports good news, bad news quarterly results

Lowe's Cos. posted better-than-expected third-quarter results, helped by a sales boost from an active hurricane season along the U.S. Gulf coast, even as profit slid 24 per cent because shoppers postponed big-ticket purchases such as kitchen cabinets. THE ASSOCIATED PRESS

Business in brief

SHARES TransCanada Corp. said yesterday that it has signed a deal to raise $1 billion in an issue of shares that will be used to repay debt and fund capital projects including its Keystone Pipeline project. Underwriters have agreed to purchase and sell to the public 30.5 million of the company's shares at $33 per share.

THE CANADIAN PRESS

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Oils project on hold

Petro-Canada cites costs for Fort Hills delay

Alberta's $24-billion Fort Hills oilsands project has been put on hold until next year so Petro-Canada and its partners can get a better handle on costs.

The project's schedule needs "breathing room," said Ron Brenneman, chief executive of the country's third-largest oil company, which saw its shares fall more than 7 per cent yesterday after announcing the delay.

Petro-Canada's stake in Fort Hills sits at 60 per cent, while Calgary-based UTS Energy Corp. and Teck Cominco Ltd. of Vancouver each hold 20 per cent. By 2015 the development was originally expected to be producing 280,000 barrels of crude oil each day.

The decision to delay came as little surprise to observers. In September, citing increasingly expensive materials and labour, the partners disclosed that project costs for Fort Hills had jumped 50 per cent above original projections.

A month later they announced that a $10-billion bitumen upgrader would likely be put on hold as a cost-cutting measure. Yesterday, Petro-Canada and its partners placed the entire project in a holding pattern until next year.

TORSTAR NEWS SERVICE

Not so rosy

- Back in mid-July when oil was $147 a barrel Fort Hills looked like a highly profitable venture, but not anymore. A barrel of crude has since dropped 63 per cent.

Ecuador may default on foreign debt

AUDIT The official overseeing an audit of Ecuador's foreign debt said his committee has found irregularities tied to almost all of the country's bonds and will recommend that it default on its $10.3 billion US in debt.

The debt has become "a giant and unpayable monster," and default on the bonds — held by foreign governments, private investors and multilateral organizations — would be "a historic achievement for the country," said Hugo Arias.

Ecuador delayed $30.6 billion in interest payments due on 2012 bonds last Saturday.

THE ASSOCIATED PRESS

Citigroup announces 53,000 more job cuts

Citigroup Inc. is shedding about 53,000 more employees as the banking giant struggles after suffering massive losses from deteriorating debt.

The New York-based bank, which has reduced its assets by about 20 per cent since the first quarter of the year, plans to trim expenses by 19 per cent in 2009 to $50 billion US.

The company said it is shrinking its workforce by 20 per cent from its 2007 peak of 375,000. The company had already announced in October that it was eliminating about 22,000 jobs from that level.

Citigroup Chairman Win Bischoff did not rule out the likelihood that Citi's executives would go without bonuses this year — a substantial pay cut.

On Sunday, Goldman Sachs Group said seven top executives, including Chief Executive Lloyd Blankfein, opted out of receiving cash or stock bonuses for 2008 amid the ongoing credit crisis. THE ASSOCIATED PRESS

Citi in Canada

- Stephen Cohen, a Citi spokesperson in New York, said it is too soon to tell how the company's Canadian operations would be affected by the job cuts, adding those decisions would be made in the weeks to come.
- Citi employs more than 5,000 people across Canada.

TORSTAR NEWS SERVICE

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EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

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SmartCookies

In recent months, the term "rock bottom" has been closely linked to speculation around our financial markets or even the recent drop in the prices of real estate; however, for the five of us, the expression has a more personal meaning. Fortunately, the outcome of our individual all-time lows turned out to be positive ones.

For Andrea, her financial rock bottom came in her late 20s, several years into her career in marketing. After getting a promotion, she had accumulated close to $20,000 in consumer debt, the majority of which was spent on designer coffees, stylish jackets and dinners out with friends. After racking up two credit cards, as well as her line of credit, she soon found herself dodging creditor's calls at work. But Andrea's all-time low came when she was asked to go on a work trip to Denver and to expense the flight and hotel on her credit card. Problem was — she couldn't.

Whether you are lying about money or just lying about the type of life you can afford to live, we have been there.

Katie, a thriving publicist, knew she was in trouble when she found herself anticipating her fiancés time on the golf course. Why? Because his golf games translated into four uninterrupted hours of shopaholic spending. On many occasions, Katie would rack up her credit card with hundreds of dollars in clothes and then scurry around hiding the tags to prevent her future husband from noticing her new purchases.

It was only when her fiancé stumbled across a $300 price tag for Katie's 13th pair of designer jeans, that she realized she had a problem.

Whether you are lying about money or just lying about the type of life you can afford to live, we have been there. We came, we spent, we delved deep into debt and, for us, salvation finally came in the form of a money group.

"Just like the anticipation of a weigh-in, there is nothing like knowing you will have to confess to your impulse purchases at this week's money group, to prevent you from overspending."

After finding each other, we made a pact to get out of debt and start living our richest lives; what we were never able to achieve financially as individuals, we were able to do with the support of one another. It wasn't easy. But if we were able to do it, so can you!

Forming a money group is the simplest way to commit to changing your spending patterns. Just like the anticipation of a weigh-in, there is nothing like knowing you will have to confess to your impulse purchases at this week's money group, to prevent you from overspending.

Whether you know people who want to start a money group, or are looking to start one, smartcookies.com offers tools and resources to help you on your way. We may even know of groups in your area that you can join.

If you have a story about your money group or are looking for more money-saving tips, feel free to contact us at smartcookies@metronews.ca.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

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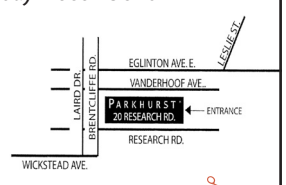

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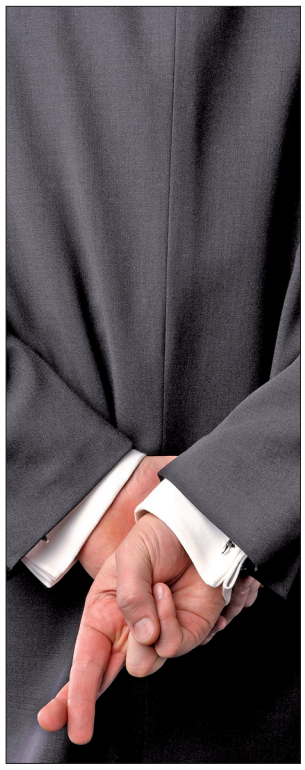
For students

Are you in school and find yourself struggling with your student debt in the midst of this recession? Visit rbcroyalbank.com/student for some tips for managing finances and debt. METRO NEWS SERVICES



Scam artists prey upon individuals in times of economic hardship — like now.

Scam sharks smell blood

Beware of deals that are too good to be true

MoneyMatters

Henry Choo Chong

choochonghcga@yahoo.ca

Q I am married with a beautiful six-month-old baby girl. Several months ago, my wife got laid off from her job. I earn a decent salary but it's very difficult with one income. She would like to start up a small business. We were offered start-up capital at 2 per cent interest rate. The broker requires a 10 per cent deposit to secure the financing. Is this a good deal? Sal

A Canadians should brace themselves for a slowing economy, with difficult times ahead for many businesses and individuals.

In difficult times, individuals should be more diligent. Scam artists prey upon individuals in times of economic hardship. They have no remorse and do whatever it takes to steal your hard-earned money. They use catchy lines like "Easy money", "No experience needed", "Lots of money for little work."

You already know the old cliché: If it sounds too good to be true …

It is illegal to ask for money upfront for a loan, prior to an agreement. Don't be too quick to write a cheque. There are many different fraudulent schemes and scams out there. Some are old, some new, and others old with a new twist.

Regardless if the face is jolly with a red suit, watch out for some of these fraudulent schemes:

- Loan scams that ask for money in advance of an agreement or the loan
- Identity theft and credit cards scams
- Billing scams that ask for payment, although no service was performed or goods sold
- Home-based business scams
- Pyramid and MLM schemes that require a fee for recruiting people, not for selling products
- Charitable donations for computers, developing countries, etc., that offer tax refunds greater than your contributions.

Henry Choo Chong, CGA, provides professional accounting and taxation solutions: choochonghcga@yahoo.ca.

It's never too early for these tax tips in 2009

Looking for tax relief? You are not alone — a recent poll by the Canadian Taxpayers Foundation found that 65 per cent of Canadians say federal personal income tax rates are too high.

There are some simple steps to ease your tax bill:

Maximize your RRSP

Invest some of your salary or income in an RRSP, the government will give you a current deduction for that amount and tax any income when it is withdrawn, rather than when it is earned. Your tax statement from last year will tell you the maximum amount you may contribute to your RRSP for the tax-year ending December 31.

"If you receive a tax refund from Ottawa, I recommend socking those dollars away in a TFSA and start saving right away."
Dennis Tew, CFO

Save for a rainy day with a Tax-Free Savings Account (TFSA)

Starting in 2009, you may contribute up to $5,000 a year to the new Tax-Free Savings Account. Contributions to a TFSA are not tax deductible but the income or gains you earn in the account will be tax-free.

"The TFSA is a great means to supplement your long-term savings plan," said Dennis Tew, chief financial officer of Franklin Templeton Investments Corp. "If you receive a tax refund from Ottawa, I recommend socking those dollars away in a TFSA and start saving right away."

Take advantage of investment losses

Markets can be volatile. It may make sense to sell that money-losing investment, property or asset. The loss can then be used to offset any capital gains you may have incurred from better-performing securities or assets you may own. If net capital losses cannot be used in the current tax year, you may be able to carry them back to recover tax paid in prior years.

Check with the CRA or visit franklintempleton.ca for more tips. NEWS CANADA

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Investing

Allan Small

The week's column looks at the market's behaviour. Visit metronews.ca

Basketball loses a legend
Pete Newell, the Hall of Fame basketball coach who won an NCAA championship and Olympic gold medal and later tutored some of the game's greatest big men, died yesterday. He was 93. THE ASSOCIATED PRESS

Sports

Pujols wins second MVP

St. Louis Cardinals slugger Albert Pujols won his second NL MVP award, powering past Philadelphia star Ryan Howard by a comfortable margin yesterday. Pujols hit .357 with 37 home runs and 116 RBIs while playing with a sore right elbow. He was rewarded despite the Cardinals' fourth-place finish in the NL Central. THE ASSOCIATED PRESS

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Leafs edged by Bruins

NHL RESULTS

Toronto 2 Boston 3

TORONTO MAPLE LEAFS VS BOSTON BRUINS

THE SKINNY: Michael Ryder's second-period goal ended up being the winner yesterday as the division-leading Boston Bruins handed the Maple Leafs a 3-2 loss in their return from a week-long road trip.

JETLAGGED: Sluggish after a trip through Western Canada, the Leafs didn't get much help from goaltender Vesa Toskala. He was particularly shaky during the first period, letting a soft shot from Kessel go through his legs at 9:40 and giving up a big rebound to Hunwick before he scored his first NHL goal at 13:18.

RON POLING/THE CANADIAN PRESS

Boston Bruins goaltender Tim Thomas fends off Toronto Maple Leafs' Mikhail Grabovski in the second period of Boston's 3-2 win last night at the Air Canada Centre.

THE SCORERS: In addition to Ryder, Phil Kessel and Matt Hunwick also scored for Boston, while Marc Savard and Milan Lucic each added two assists for the Bruins (10-4-4). Jason Blake and Mikhail Grabovski replied for Toronto (7-8-4), which has just two wins in its last eight games.

POWERLESS PLAY: Toronto had several chances to tie the game during the second period. The Maple Leafs were given three straight power plays — including 21 seconds with a 5-on-3 advantage — but couldn't get another shot past Boston goalie Tim Thomas, who made saves while flopping all over his crease.

HIGHLIGHT REEL: Toronto found its legs in the third period after Grabovski scored his ninth goal of the season at 8:53 to make it 3-2. Niklas Hagman made a nice individual move to beat a defender and the puck found its way to a wide open Grabovski at the side of the goal.

MISSES: Five Toronto shots beat Thomas, but hit the goalposts last night.

THE NEXT GAME: Toronto gets a few days to think about its setback last night before hosting another Original Six squad, the Chicago Blackhawks, at home on Saturday night.

THE CANADIAN PRESS WITH FILES FROM METRO NEWS SERVICES

Gilmour to coach OHL's Frontenacs

HOCKEY Doug Gilmour is headed back to his hometown, leaving the Toronto Maple Leafs organization to become head coach of the OHL's Kingston Frontenacs.

The former Leafs captain had been an assistant coach with the AHL's Toronto Marlies since August, and was the Leafs' professional development adviser for two seasons before that.

Doug Gilmour

The Leafs will honour Gilmour by raising a banner prior to the team's Jan. 31 home game against the Pittsburgh Penguins.

Gilmour joined the Leafs from the Calgary Flames in the largest swap of players in NHL history on Jan. 2, 1992.

The native of Kingston, Ont., announced his retirement Sept. 8, 2003, six months after rejoining the Leafs at the NHL trade deadline.

THE CANADIAN PRESS

Sports in brief

BASEBALL The Chicago Cubs will play the first exhibition games at the new Yankee Stadium, meeting New York on Friday night April 3 and again the following afternoon. The US$1.3-billion ballpark, scheduled for substantial completion by Feb. 17, will host its first regular-season game when the Yankees play Cleveland on April 16.

BASKETBALL Boston Celtics star Kevin Garnett has been suspended for one game and Phoenix centre Shaquille O'Neal has been fined US$25,000 for separate incidents over the weekend. Garnett was penalized for hitting Milwaukee's Andrew Bogut in the face near the end of Saturday's game. Garnett will sit out tonight when the Celtics host the New York Knicks. O'Neal was fined for verbally abusing an official and failing to leave the court quickly after being ejected Sunday night against Detroit.

NHL St. Louis Blues centre Andy McDonald is expected to be sidelined eight weeks after breaking his left leg during a 3-2 shootout loss to the Montreal Canadiens on Sunday.

METRO NEWS SERVICES

New champ gets big payday

Lesnar earns $450K while claiming UFC heavyweight title

MMA Heavyweights Brock Lesnar and Randy (The Natural) Couture accounted for almost two-thirds of the US$1,118,000 in purse money at UFC 91 Saturday night, according to figures released yesterday by the Nevada State Athletic Committee.

As previously reported, Lesnar earned $450,000, including a $200,000 win bonus, for dethroning Couture as heavyweight champion at the MGM Grand Garden Arena. Couture collected $250,000, missing out on a similar win bonus. Combined, the main event accounted for 63 per cent of the total purse for the mixed martial arts card.

The commission released additional purse figures yesterday, with the 16 other fighters splitting $418,000 in purse money.

The commission figures do not tell the whole story since they do not include other bonuses and fighter contract clauses which the UFC does not disclose. Couture also is expected to receive a slice of the lucrative pay-per-view revenue.

The UFC 91 gate was $4.8 million. UFC president Dana White predicted 1.2 million pay-per-view buys, which at C$44.99 a shot would bring in more than $50 million.

UFC purses traditionally contain a basic fee with a matching win bonus. Often main event bonuses are tweaked, as in this case so Couture as champion had the shot at a bigger prize than the challenger.

Heavyweight Gabriel Gonzaga received $110,000, including a $55,000 win bonus, for his knockout of Josh (Heavy) Hendricks. The loser got $8,000.

Unbeaten middleweight Demian Maia made $40,000 for his submission win over Nate (Rock) Quarry, who picked up $25,000.

Former pro wrestler and NFL player Brock Lesnar won the UFC heavyweight title Saturday night.

THE CANADIAN PRESS

Dropping shorts unsportsmanlike?

SOCCER Serie A side Catania has come up with a creative way to score from a free kick: block the goalkeeper's vision by having players drop their shorts down in a wall.

The Sicilian team carried out the manoeuvre to perfection when Giuseppe Mascara scored in Sunday's 3-2 win over Torino.

Three Catania players dropped their shorts down near their knees so Torino goalkeeper Matteo Sereni couldn't see Mascara's kick.

"This is a strategy that (Catania coach Walter) Zenga tries continually in training," the club's chief executive Pietro Lo Monaco told RAI state radio yesterday.

Former referees co-ordinator Paolo Casarin called the move "unsportsmanlike and in bad taste.

"It's a trick that should not be tolerated anymore by the referees," Casarin said.

THE ASSOCIATED PRESS

Bridge tested for earthquake resistance

Local bridge, crossing George's Creek, built with popsicle sticks and cheap cement is unsurprisingly unable to withstand even a light tremor. Builders break for breakfast to re-evaluate their ideas.

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Bets lost on blown call

NFL to review replay rules after Vegas affected

The Pittsburgh Steelers walked off the field Sunday just happy they had won.

A lot of bettors were more concerned by how many points they ended up winning by.

Winners turned into losers and losers ended up winning when a game that should have ended up 17-10 or 18-10 instead went into the record books as the first 11-10 final in NFL history. Though the score made no difference in the win and loss column, it did in the wallets of a lot of bettors on the Las Vegas Strip.

"Anyone who had a bet on the Pittsburgh side and thought they had won weren't too happy," said John Avello, director of the race and sports book at the Wynn resort.

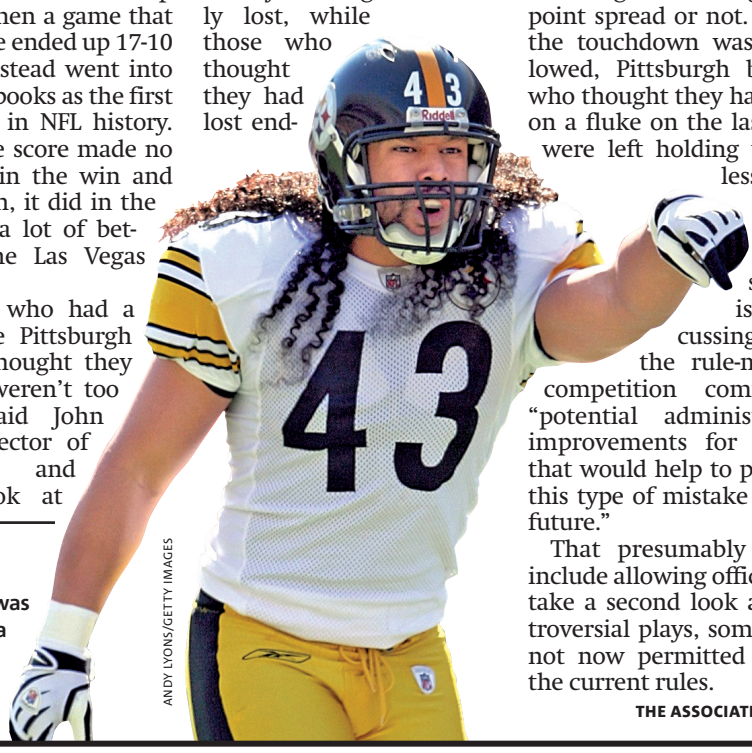
A mistake by the officials on the final play of the game between the Steelers and San Diego Chargers didn't alter the outcome. But it did mean bettors who thought they had won money on the game actually lost, while those who thought they had lost ended up winning.

The Steelers were favoured by 4 points, meaning the apparent touchdown scored by the Steelers' Troy Polamalu on the last play of the game made the difference between Pittsburgh covering the point spread or not. When the touchdown was disallowed, Pittsburgh bettors who thought they had won on a fluke on the last play were left holding worthless tickets.

The NFL said it is discussing with the rule-making competition committee "potential administrative improvements for replay that would help to prevent this type of mistake in the future."

That presumably could include allowing officials to take a second look at controversial plays, something not now permitted under the current rules.

THE ASSOCIATED PRESS



ANDY LYONS/GETTY IMAGES

When Troy Polamalu's touchdown was called back, a lot of people lost a lot of money.

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* No purchase necessary. Open to residents of Ontario (within 50 miles of the City of Toronto) 18 years or older. Contest closes Jan 17, 2009. Limit one entry per person per entry method. Ten (10) Draw Prizes available to be won, each consisting of: two (2) tickets to watch a 2008/09 Toronto Maple Leafs regular season home game at the Air Canada Centre (specific game date to be determined at sole discretion of Contest Sponsors), and one (1) seat at the Leafs Road Trip Poker Tournament (the "Tournament"). ARV $400 CDN. One (1) Grand Prize consisting of a Leafs road trip. ARV $3,000 CDN. Odds of winning a Draw Prize depends on number of eligible entries received and Grand Prize among Draw Prize winners depends on the number of Tournament participants and the skill of each. Correctly answered skill-testing question required to claim prize. For full contest rules, visit www.mapleleafs.com/pokerstars. "Toronto Maple Leafs", "Leafs" and associated word marks and logos are trademarks of Maple Leaf Sports & Entertainment Ltd.

Wade nurses sprained ankle
Miami Heat guard Dwyane Wade sat out practice yesterday to get treatment on a sprained right ankle. Wade, the NBA's second-leading scorer at 27.9 points per game, is listed as a game-time decision in Miami's matchup in Washington today. THE ASSOCIATED PRESS

ROBERT LABERGE/GETTY IMAGES

Mike Weir is focusing more on his budding course design business and says the transition from golfer to businessman is inevitable.

Weir branches out

GOLF Mike Weir is the first to point out that he's not getting any younger.

But when you see him deftly work his way through a room of dignitaries or hear him speak about his budding golf course design business, he doesn't exactly seem like an aging athlete on the verge of fading into oblivion. In fact, the 38-year-old looks more entrenched than ever with an evolving career that hinges on more than just his wedge game or putting stroke.

With a growing roster of interests away from the links, it might be time to start referring to the Canadian icon as both a golfer and a businessman. Even Weir admits the transition is inevitable.

"When you're pushing 40, you've got to think about what you're going to do when you're done (playing)," he said yesterday. "I still feel I can play for a long time, but you've got to set yourself up and be smart."

To be clear, the lefty from Bright's Grove, Ont., hopes his health allows him to play at the highest level of pro golf for at least another 10 years. At the same time, it's hard to ignore the growing role of business in his life.

Today he's conducting one-hour interviews with five Canadian golf course architects who are vying to become his design partner.

His objective is to establish a long-term partnership with someone he can trust and lean on, similar to what Ben Crenshaw has successfully done with designer Bill Coore over the past couple decades. THE CANADIAN PRESS

No Grey Cup favourites

YorkReport

Marty York

marty.york@metronews.ca

The Alouettes lost only two of their 10 home games this season — one of those was a meaningless match in which their all-star quarterback did not play — and yet they are not favoured for Sunday's Grey Cup game in Montreal.

No, the oddsmakers decided yesterday to make the game between the Als and the visiting Calgary Stampeders a pick, meaning bettors will have to lay $1.10 either way to win a dollar.

"If the game were being played at a neutral site, Calgary definitely would be favoured," Canadian handicapper Randall (The Handle) Steinberg, who is primarily responsible for establishing point spreads on CFL games, told me yesterday.

"The Stampeders come out of a much tougher division in the West and they didn't get to play the weaker Eastern teams as much as Montreal did. So, in reality, Calgary is the better team. But home-field advantage matters, and Montreal has that, so the game has to be a pick."

Actually, the Stamps were one of the only two teams to defeat the Als in Montreal this season — a 23-19 triumph back on July 19. The Als' only other loss in Montreal was on Oct. 26, when the Winnipeg Blue Bombers defeated them 24-23. That game was meaningless, however, because the Als already had locked up first place in the East and decided to rest QB Anthony Calvillo. Calvillo's backup played instead and, well, let's just say Marcus Brady is no Tom Brady.

The Stamps also downed the Als 41-30 in Calgary in September.

"We know we can beat Montreal," Stampeders receiver Nik Lewis said. "But we have to be all business. Montreal is a party town but we can't let ourselves get caught up in all the atmosphere."

The Stamps also will need to play better than they did last Sunday, when they edged the B.C. Lions 22-18 in the Western final.

Other than linebacker Mike Labinjo, a Torontonian who recorded eight tackles and three sacks, no Calgary player was spectacular. In fact, the Stamps couldn't even end the game properly. They tried to run out the clock — a pretty routine task in this era of quarterbacks kneeling — but they failed and actually left the Lions with a second on the clock and a shot at winning with a Hail Mary pass.

The Als, on the other hand, turned in a first-rate performance in their Eastern final victory over the Edmonton Eskimos. They weren't even penalized once all game.

So you might be inclined to pick Montreal over Calgary this Sunday. Not so fast, though. I'm taking Calgary, and I'll explain why later this week.

PAUL CHIASSON/THE CANADIAN PRESS

Anthony Calvillo's Alouettes only lost twice at home this season, but they're not favoured to win the Grey Cup, even though it's being held in Montreal.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

SCOREBOARD

NHL

YESTERDAY'S RESULTS
Boston 3 **TORONTO** 2
N.Y. Islanders 2 Vancouver 1 (SO)
N.Y. Rangers 2 Ottawa 1 (SO)
Detroit 4 Edmonton 0
San Jose at Nashville

TONIGHT'S GAMES
Minnesota at Pittsburgh
Montreal at Carolina
Edmonton at Columbus
Florida at Tampa Bay
Chicago at Phoenix
Colorado at Calgary

TOMORROW'S GAMES
Minnesota at Pittsburgh
Montreal at Carolina
Edmonton at Columbus
Florida at Tampa Bay
Chicago at Phoenix
Colorado at Calgary

CIS FOOTBALL

VANIER CUP
SATURDAY, NOV. 22
AT HAMILTON, ONT.
Western Ontario vs. Laval

CFL

GREY CUP CHAMPIONSHIP
SUNDAY, NOV. 23
AT MONTREAL
Calgary vs. Montreal

NBA

YESTERDAY'S RESULTS
Houston 100 Oklahoma City 89
Phoenix at Utah
San Antonio at L.A. Clippers

TONIGHT'S GAMES
TORONTO at Orlando
Atlanta at Indiana
Miami at Washington
Dallas at Charlotte
New York at Boston
Cleveland at New Jersey
Sacramento at Memphis
Milwaukee at Denver
Chicago at L.A. Lakers
Portland at Golden State

NFL

YESTERDAY'S RESULTS
Cleveland at Buffalo

WEEK 12
THURSDAY'S GAME
Cincinnati at Pittsburgh

SUNDAY'S GAMES
N.Y. Jets at Tennessee
Tampa Bay at Detroit
Chicago at St. Louis
New England at Miami
San Francisco at Dallas
Buffalo at Kansas City
Houston at Cleveland
Philadelphia at Baltimore
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N.Y. Giants at Arizona
Indianapolis at San Diego

MONDAY'S GAME
Green Bay at New Orleans

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Giants bolster bullpen

The San Francisco Giants signed free agent relief pitcher Jeremy Affeldt to a US$8-million, two-year deal yesterday. THE ASSOCIATED PRESS

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Olympics losing lucrative sponsor

Johnson & Johnson washes hands of Games

VANCOUVER 2010 Games

The International Olympic Committee can't put a Band-Aid on this financial cut: Johnson & Johnson won't be renewing its lucrative global sponsorship deal.

With the IOC still shopping to fill the last sponsorship spots for the 2010 Winter Olympics in Vancouver, the health care conglomerate's decision to pull out of high-level international sponsorship strikes them off what may be a rapidly shrinking list of willing partners.

Johnson & Johnson met its goals during the Beijing Games and has decided to move on, a company spokeswoman said in a statement.

"We set out to reinforce the already positive perceptions of Johnson & Johnson in China and help our business units in that country and other markets reach new consumers and professionals," Lorie Gawreluk said in an email statement to The Canadian Press.

"Thanks to our association with these Games and the International Olympic Committee we've been successful in reaching those goals."

Gawreluk said the decision to end the association with the Games means Johnson & Johnson won't have a top-level connection to the Vancouver Olympics, but it doesn't rule out a connection between the company and the Games altogether.

"Such a consideration would be up to our operating units, which manage their businesses locally and make such decisions individually," she said in the email.

Had they renewed, Sports Business Journal reported the IOC would have gotten $100 million in its renewal over four years.

That would have helped the committee achieve its goal of $1 billion for The Olympic Partnership program, or TOP, running from 2009-12.

Now the IOC needs to find another top-level sponsor in Johnson & Johnson's category as official health-care products provider.

Another option would be to turn the category over to local Olympic committees or bundle its products into other existing sponsorship categories.

THE CANADIAN PRESS

Big bucks

- Johnson & Johnson's deal for 2005-08 was worth between $60 million and $80 million.

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Rio Titan Alcan donates $3 million to McGill
International aluminum leader Rio Titan Alcan has donated $3 million to McGill University's law faculty to establish the L. Yves Fortier Chair in International Arbitration and International Commercial Law. METRO NEWS SERVICES

Workology

Literally ... a green roof

In September, Lambton College, in Sarnia, Ont., installed a green roof over its cafeteria featuring moss from the Gobi Desert. Aside from initial watering, the moss does not require further attention as it can survive extreme temperatures and drought. The moss will eventually insulate the roof to save the college on heating and cooling. METRO NEWS SERVICES

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

Teaching 'footy' to the kids

Program aims to get children active with a unique Australian approach

RAFAEL BRUSILOW
for Metro Canada

Small Business

Can the Australian sport of "footy" be the next biggest thing for Canadian kids? Emile Studham is betting on it, mate.

The 30-year-old transplanted Australian is founder of Aussie X, a sporting program for kids that teaches the rules of Australian-rules football, or "footy" for short.

Boys and girls alike can get in on the fun, and the program maintains a highly structured atmosphere centred on safety that ensures every child can have a worthwhile experience.

"Every kid starts at the same playing level — no one's better than anyone else. It's a very active program that is fast-paced and action-packed. It might look crazy, but there are a lot of rules and we take no leeway on safety," Studham said.

Part of the fun is in learning and playing a new sport — the other part is getting a "kick" out of Studham's and his instructors' thick Aussie accents.

"Kids love the accents, and we ham it up. If they want us to say 'crikey' like the Crocodile Hunter, we will. Sometimes it's just a laugh riot," Studham said.

Studham started a chapter of the Australian football league's childhood program in Toronto in 2003 called Auskick to bring the fun of footy to Canadian kids. After getting the program rolling, Studham relocated back to Australia to become a school teacher. His love for Canada brought him back to Toronto in 2007 to build off of Auskick's success with Aussie X, a wholly self-funded venture to take footy on the road to reach kids directly.

RAFAEL BRUSILOW/FOR METRO CANADA

Emile Studham is betting that kids will take to his new Australian-sports-inspired program.

"Every kid starts at the same playing level — no one's better than anyone else."
Aussie X head
Emile Studham

Aussie X instructors go directly to schools and day camps to offer seminar-style footy sessions for large groups of kids. Aussie X offers camp programs in half-day, one-day or two-day packages while school programs generally include three to five days of instruction.

In just six short months of operation, Aussie X has taught footy to 11,000 participants in schools and camps across southern Ontario, no small feat for any new business. Studham says the success of the program was only made possible by lessons learned from starting Auskick more than five years ago.

"It's moving in the direction I've always envisioned," he said.

Studham is working on a collaborative program with the Toronto Police that would give at-risk students from needier schools and community centres access to the program.

For Studham, seeing Australia's beloved sport embraced by Canadian kids is only part of the reward — the greater part is seeing the joy kids have learning something new.

"When you love it and when the kids have bundles of energy, you can't help but get a rush. At the end of the day you're knackered but it's totally worth it."

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Former U of T dean to head Johns Hopkins

Former University of Toronto law school dean Ron Daniels has been named the new president of Baltimore-based Johns Hopkins University. Daniels will join Johns Hopkins following a four-year term as the provost of the University of Pennsylvania. METRO NEWS SERVICES

Continuing today

• The Jane Goodall Institute continues to place research teams in Gombe National Park to study the chimpanzees and their habitat. The organization also has teams working with the villagers of Tanzania providing health care, education and family planning resources. The Canadian branch of the Jane Goodall Institute is housed at the University of Toronto.

Environmentalism still key for Goodall

ROBYN YOUNG
for Metro Canada

Every one of us makes a difference every single day, says celebrated primatologist and wildlife conservationist Jane Goodall.

The world-renowned scientist and researcher visited Toronto last week to receive two honorary degrees for her lifetime achievements: the degree of Doctor of Science from the University of Toronto and a Doctor of Philosophy degree from the University of Haifa, as previously reported by Metro.

She spoke to media promoting her continuing message of wildlife conservation and said through her years of studying wild chimpanzees in Tanzania's Gombe National Park she discovered her life's purpose was to make an even bigger difference and help save the earth.

The payback of her life's work, she said, has been the enormous number of children who write to her saying: "You taught me to understand that my own life is more important than I thought it was."

Goodall said anyone can make a difference just by paying attention to the consequences of their everyday actions.

Common references to present-day society as having "borrowed" the earth from our grandchildren, she said, are mistaken: "We haven't borrowed anything, we've stolen. We've got to start paying back."

Goodall, 74, began her groundbreaking research into the behaviour of wild chimpanzees in Africa in 1960. The London-born anthropologist spent decades observing the chimps at Gombe and her work resulted in a new understanding of the species including their human-like use of tools and social interactions.

ROBYN YOUNG/FOR METRO CANADA

Jane Goodall, renowned primatologist and conservationist, along with her primate friend Mr. H, signed books for fans before a press conference last week prior to receiving an honorary Doctor of Science degree from the University of Toronto.

The Jane Goodall Institute (JGI) was born and has evolved in its objectives, now focusing not only on the health of the endangered wild chimpanzees but also conservation of theirs and other animals' natural habitats and the interconnectedness of human, animal and ecological communities.

> **"We haven't borrowed anything, we've stolen."**
> Jane Goodall

The institute's Roots and Shoots program, for example, is a global youth program that encourages young people to organize community-based projects that help people, animals and their environment.

There are over 8,000 groups in more than 100 countries.

Goodall said she has little time to spend in Gombe these days, travelling as many as 300 days a year as she advocates for her beloved chimpanzees and the environment.

Every village in Tanzania now, she said, is required by the government to make land management plans for forest protection because the human communities have so encroached on the habitats of the chimpanzees and other animals.

"We have to do whatever we can because there are only 100 chimps left," she said, speaking of the original three groups she began studying in the 60s.

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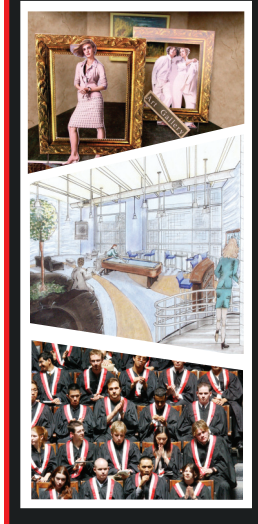

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Asper Family Foundation to donate to uManitoba

The Asper Family Foundation announced a $1-million donation to the University of Manitoba's Marcel A. Desautels Faculty of Music. The gift will fund the creation of the Babs Asper Professorship in Jazz Performance. METRO NEWS SERVICES

Top 10 musts for job seekers

There's no question job seekers face a challenging employment environment and must work hard to find new opportunities.

To help professionals looking to make their next career move, Max Messmer, chairman and CEO of Robert Half International and author of Job Hunting For Dummies, 2nd Edition (John Wiley & Sons, Inc.), recently discussed the 10 strategies every would-be employee should follow.

"In this economic environment, applicants must be resourceful," said Messmer. "A successful job search often depends on who you know, which means candidates need to make sure their efforts are as far-reaching as possible."

Messmer offers the following top-10 list of essential tactics to help job seekers gain an edge in a tougher employment market:

- **1. STEP OUTSIDE YOUR COMFORT ZONE.** Avoid limiting your search to your current industry or field. Identify your transferable skills and experiences, and communicate them to prospective employers.
- **2. MINIMIZE WORK HISTORY GAPS.** If you are unable to find a position right away, consider temporary assignments, internships and part-time opportunities, all of which can potentially lead to a full-time role.
- **3. BE FLEXIBLE.** Remain open to all possibilities, even if the job title, salary and benefits may not be exactly what you hoped for. Once you get your foot in the door, you will have a chance to prove yourself.
- **4. FIND JOBS BEFORE THEY'RE ADVERTISED.** Read your local business journals and newspapers to identify companies that are hiring or expanding, and send them your resumé.
- **5. CAST A WIDE 'NET.'** General job boards can be useful, but don't forget industry and trade association websites, which may have more targeted career opportunities.
- **6. NETWORK — ONLINE AND OFF.** Tell everyone you know that you are looking for a job, whether in-person or using professional networking websites.
- **7. MANAGE YOUR DIGITAL FOOTPRINT.** Think your friends are the only people who viewed those less-than-professional vacation photos you posted online? Think again. With a few mouse clicks, potential employers can dig up information about you on blogs, personal websites and personal networking site profiles. Make sure you do a thorough self-search and take any necessary corrective action.
- **8. CUSTOMIZE.** Tailor your resumé and cover letter for each opportunity. Employers want to see why you're the right person for their job.
- **9. ENHANCE YOUR MARKETABILITY.** Find out what skills are most in-demand and take steps to give yourself an edge in these areas. Focus on sharpening both functional and interpersonal skills.
- **10. MEET WITH A RECRUITER.** Staffing executives can be your eyes and ears in the job market. Recruiters also provide useful feedback on your resumé and interview skills, and help you locate full-time and temporary jobs.

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METRO NEWS SERVICES

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What it costs
Diabetes resulted in $884 million in direct health-care costs in 2000. Indirect costs in lost productivity and premature death added $1.7 billion to the economy. **CANADIAN DIABETES ASSOCIATION**

Health

High price to pay

A person with diabetes incurs medical costs two to three times higher than a person without diabetes. A person with diabetes can face direct costs for medication and supplies ranging from $1,000 to $15,000 a year.

TORSTAR NEWS SERVICE

Diabetes on the rise

BRIAN TOWIE
brian.towie@metronews.ca

You can reduce the risk of developing Type 2 diabetes by watching your diet and getting active.

Diabetes isn't going away. It's getting worse.

Since World Diabetes Day passed last week — and November marks National Diabetes Month — medical professionals have been getting the word out on this disease, which afflicts more than two million people across the country and kills more than 40,000 Canadians every year. The numbers are only expected to go up, say experts, and depending on your lifestyle choices, you could be more at risk of contracting it than you think.

"Diabetes is increasing at a dramatic pace. It is estimated that about 8 per cent of the Canadian population has diabetes — 90 per cent with Type 2 diabetes and 10 per cent with Type 1 diabetes," says Dr. Vincent Woo, chair of the clinical and scientific section at the Canadian Diabetes Association.

By the end of this decade, the number of Canadians who suffer from diabetes will reach three million, according to a Toronto Star report published recently. There are a number of reasons for the increase besides age. Certain ethnic groups — such as South Asian-, African- and Hispanic-Canadians and First Nations people — are at higher risk for the disease. Obesity and lack of physical activity are also both contributing factors. More education on diabetes prevention is needed, adds Woo, because the disease's effects are so serious and lead to so many complications.

"Diabetes education is clearly needed to identify the problem early and to identify those at risk so that steps can be taken," he said. "Diabetes is the leading cause of blindness in working-aged adults, leading cause of end stage kidney failure, leading cause of non-traumatic amputation and individuals with diabetes have a two to four times higher rate of heart attacks. Heart attacks occur 10 to 12 years earlier, and have a worse outcome than those without diabetes."

Research is still being conducted on what causes Type 1 diabetes — experts believe genetic factors and exposure to viruses are involved. But scientists advise early detection is a key to managing Type 2 diabetes, and risk indicators include having high blood pressure and cholesterol, family history, being older than 40 years of age, and other conditions such as vascular diseases and polycystic ovary syndrome.

You can reduce the risk by watching your diet and getting more active. Less fat and more fibres, fruits and vegetables are better choices, and exercise improves your health all around. Losing as much as 5 to 10 per cent of your body weight can also cut your risk significantly, says a report by the Canadian Diabetes Association. Regular checkups to the doctor, dentist and eye care specialists will also help.

Type 1 vs Type 2

- **TYPE 1:** Type 1 diabetes is an autoimmune disease in which the body makes little or no insulin. It develops most often in children and young adults before age 30, although it can appear at any age. There is no known cause and no way to prevent it. The disease is not caused by consuming too much sugar.

- **TYPE 2:** Type 2 diabetes is the most commonly diagnosed form of the disease. With Type 2 diabetes, your body can't use the insulin it makes.

It is associated with those age 40 or older, obesity, family history of diabetes, high blood pressure, abnormal cholesterol levels (such as if your HDL or "good" cholesterol levels are 35 or lower or the triglyceride level is 250 or higher), schizophrenia, polycystic ovary syndrome, acanthosis nigricans (darkened patches of skin), previous history of gestational diabetes, history of giving birth to a baby over nine pounds, physical inactivity and ethnicity (those of Aboriginal, Hispanic, Asian or African descent). Type 2, which develops more slowly than Type 1, is increasingly diagnosed in children and adolescents.

Pre-diabetes

- Prediabetes happens when glucose levels, before and after you eat, are elevated, but aren't high enough to be diagnosed as diabetes. It's becoming more common and it increases the chance of developing Type 2 diabetes and cardiovascular disease.

Many who fall into this category can delay, or even prevent, Type 2 diabetes with lifestyles changes such as diet, exercise and medication if necessary. Moderate weight loss, along with regular exercise, can significantly delay Type 2 diabetes.

Gestational diabetes

- Weight gain and hormonal changes during pregnancy can induce gestational diabetes. In Canada, the number of women with this condition is higher than previously thought — especially in First Nations women, who are particularly at risk. Some of the consequences for the baby include as large-for-date babies, fetal distress and birth trauma.

Doctors screen for gestational diabetes during pregnancy, usually in the first trimester. The Canadian Diabetes Association recommends one screening per trimester, even if results are negative after the first. If it is discovered, it is treated with a healthy lifestyle regimen and insulin if necessary.

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Life expectancy shortened

Life expectancy for people with Type 1 diabetes may be shortened by as much as 15 years. The life expectancy for people with Type 2 diabetes may be shortened by 5 to 10 years. TORSTAR NEWS SERVICE

Eat well without compromising taste

With a little planning, people who have diabetes can still enjoy flavourful meals, experts say.

NOELLE MUNARETTO
for Metro Canada

Managing nutrition and maintaining a healthy diet while living with diabetes is easier than you think. And, you don't have to sacrifice your favourite foods in the process.

Sharon Zeiler, senior manager for nutrition initiatives and strategies at the Canadian Diabetes Association (CDA), says that people who have both Type 1 and Type 2 diabetes can still enjoy flavourful meals. She says the key to eating healthy without compromising taste is organizing meals in advance.

"It takes a little bit of planning," says Zeiler. "But usually people find that when they do sit down and take that few minutes to plan, then it makes things much easier."

Planning meals ahead of time takes the stress out of day-to-day cooking, but Zeiler says it can also help diabetics eat regular meals and curb cravings.

Lisa Galvez, a clinical dietician and diabetes educator, says she often meets recently diagnosed diabetics who are afraid of completely changing the way they eat.

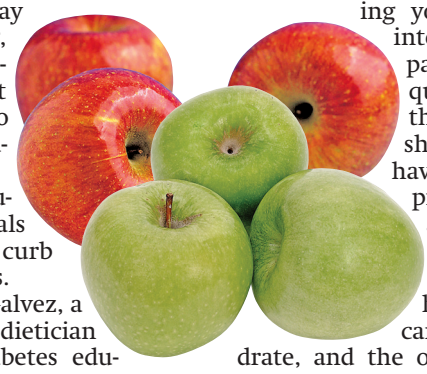
"I'll have people and they're terrified," says Galvez. "I really try to reassure people that it's not about that."

Instead, Zeiler says living with diabetes is no longer about fearing sugar. She adds that practising portion control is the best way to let diabetics eat the foods they love.

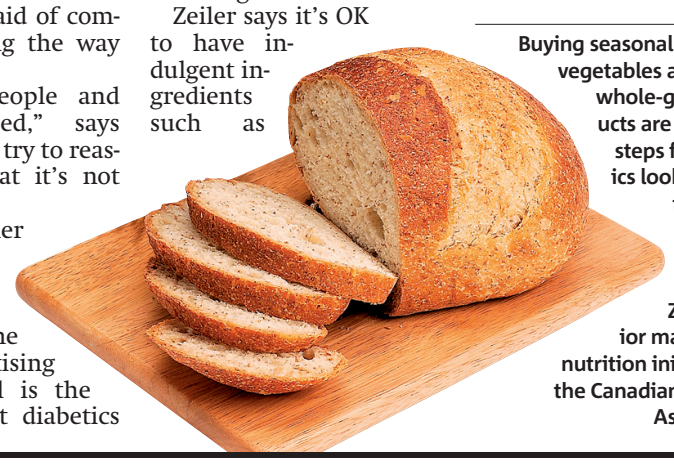
"[Healthy eating] is about moderation, not deprivation."
Lisa Galvez

"You can have diabetes and still incorporate your favourite foods into your diet while managing your blood sugars," said Galvez.

To ensure you're getting the right balance of nutrients, Galvez suggests dividing your plate into three parts. A quarter of the plate should have lean protein, another quarter should have a carbohydrate, and the other half should be crammed with fresh vegetables.



Zeiler says it's OK to have indulgent ingredients such as chocolate and butter in small amounts, as long as whatever else you are eating is on the healthy side.



Buying seasonal fruits and vegetables, cooking in non-stick pans without adding extra fats, enjoying whole grain products and using herbs and spices in your daily cooking are all great first steps for diabetics looking to reform their diet. Zeiler says that baking, barbecuing, or broiling meats so the fat drips off are some of the best ways to eat better without giving up flavour.

Both Zeiler and Galvez also encourage consulting diabetes cookbooks and CDA nutrition resources, as well as engaging in some sort of physical exercise.

"The important thing with healthy eating is that it is a lifestyle. We want people to continue with it," says Galvez. "It's about moderation, not deprivation."

Buying seasonal fruits and vegetables and eating whole-grain products are great first steps for diabetics looking to reform their diet, says Sharon Zeiler, senior manager for nutrition initiatives at the Canadian Diabetes Association.

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Heart risks
About 80 per cent of diabetes sufferers will die as a result of heart disease or stroke. Diabetes contributes to about 41,500 Canadian deaths each year. TORSTAR NEWS SERVICE

Winter workouts can be 'magical'

LEYLA EMORY
for Metro Canada

The will to work out usually goes the way of the thermometer in the colder months.

"Motivation levels are definitely lower in the winter," says John Stanton, founder of Running Room, "but there's something magical about being the first footprints through the snow and conquering the elements."

Stanton uses what he calls a 10-minute test: "Get in your gear, head out and give yourself 10 minutes. If it's too unpleasant, you have permission to come back."

Braving sub-zero temperatures isn't the only thing that has people hibernating. "Even those who work out indoors have less motivation when the air is chilly outside and the skies are dark and dreary," says Lynn Bode, owner of workoutsforyou.com, an Internet-based personal training company.

She suggests taking a lesson from our foraging friends. "Don't wait until the winter bursts into your area and prevents you from taking your daily jog or walk," says Bode. "While the weather is still favourable, come up with an action plan. Decide to purchase a treadmill, join a gym, purchase some exercise DVDs, find an exercise partner."

"Group support makes a big difference," agrees Stanton. Running Room offers free runs every Wednesday night and Sunday morning anywhere in Canada. "If you get in the regularity of running with the groups, there's positive peer pressure."

GETTY IMAGES PHOTO
Group support makes a difference when it comes to working out in the winter, experts say.

Once committed, take steps to avoid injury. Get and stay warm. "A proper warm-up is critical," says Abode. "Cold temperatures make your muscles tight and therefore more prone to injuries. So, it's important to get them warmed-up prior to engaging in intense physical activity."

Dress properly, adds Stanton, and "layer up and wear technical fabrics."

Winter workouts have benefits beyond maintaining a bikini body for the five weeks of the year it's warm enough to wear one. "Exercise enhances sleep and improves your mental mood, which helps to reduce depression and anxiety," says Bode. "Both are more common during cold months."

And if those are the only five weeks of the year that matter, winter workouts are still the way to go. "You're getting an even better workout," says Stanton. "You're burning calories to stay warm and then you're burning additional calories to exercise. You may be running a little slower, but because your knee lift has to be a little higher and more exaggerated in the snow, you're getting extra muscle and strength work."

Cool running

Below are some tips for winter running from John Stanton, founder of Running Room:

- Shorten stride on icy terrain. It will improve balance and footing.
- For added traction, try Ice Joggers, a toe rubber that goes over the shoe.
- Apply Body Glide to any exposed skin to prevent frostbite.
- Start a run against the wind so the run back is easier.
- Carry a cellphone.
- Always wear reflective gear.
- Run facing oncoming traffic.
- Don't forget to hydrate.

Much higher risk of heart attacks, strokes for diabetics

Patrick McGroarty just turned 24, but he's already making sure he doesn't develop heart disease.

The Toronto musician has lost close to 45 pounds over the past six months, dropping from a hefty 195 pounds to a slim 150.

He exercises every day, avoids meat and sugar and has cut back on the beer.

He says he's always been aware of the benefits of optimum health, through school and the usual public awareness campaigns, but it's his family history of illness that has given him the greatest impetus to get into shape.

On his father's side, there's a history of high cholesterol, while his mother's side is filled with heart and stroke disease, brought on by Type 2 diabetes.

"I know that being diabetic is simply more than having your blood sugar out of whack," he says. "It can cause heart disease and it can kill you."

"We're in the midst of an epidemic ... 70 to 80 per cent of diabetics will die of heart disease." Dr. Lawrence Leiter

Current statistics indicate that four out of five people with diabetes in Canada will die of heart disease.

Dr. Chi-Ming Chow, a cardiologist at Toronto's St. Michael's Hospital, says McGroarty is a perfect example of being proactive, in that he's young and already developing good habits.

"We know what to do to avoid diabetes and he's got a head start," says Chow. "It doesn't take much to keep in good health."

He explains that diabetes creates huge imbalances in the body's natural chemistry, with elevated levels of sugar and insulin.

It's these elevations that help create the plaque that adheres and hardens to veins and arteries and eventually leads to heart attacks and strokes.

Dr. Lawrence Leiter, head of endocrinology at St. Michael's, says it's essential people understand the link between diabetes and heart disease. "We're in the midst of an epidemic ... 70 to 80 per cent of diabetics will die of heart disease."

He says the good news is that people who are borderline or "pre-diabetic" can dodge full-blown diabetes with strong and consistent intervention, including diet and exercise.

Studies have shown that anyone at risk of developing Type 2 diabetes can cut their chances by 58 per cent with an exercise program and weight loss. For those over 60, the risk can be cut by 71 per cent.

Experts say even a moderate attempt at changing your lifestyle can be effective — such as doing 30 minutes of aerobics a day and losing 5 to 7 per cent of your body weight.

Lieter says, in some cases, medications such as statins — which can control cholesterol levels — should not be ruled out to promote health. He also says pre-diabetics should be ruled by a stricter standard of health.

TORSTAR NEWS SERVICE

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By the numbers

More than two million Canadians have diabetes. This number is expected to rise to three million by the end of the decade. Globally, the number of people the World Health Organization estimated had diabetes in 2000 is more than 177 million. **TORSTAR NEWS SERVICE**

Winter skin savers

JANINE FALCON
for Metro Canada

Oh, this is so not skin's favourite time of year. That dry, tight, itchy feeling has already started, and winter's wrath has yet to hit. Time to step up with moisture-boosting options to hydrate and protect skin as unfriendly temperatures drop to just plain mean.

Face care

Switch to a creamy cleanser, or try a cleansing oil such as Dermalogica PreCleanse ($48), which dissolves dirt and makeup, then rinses cleanly away to leave skin supple and bright. Oily skin type? Follow up with face wash; you'll still feel the difference.

Light, regular exfoliation is a must to banish flaky patches that hinder moisture absorbtion. Cargo blu_ray Reuseable Polishing Cloths ($15/20 cloths) once or twice per week are a gentle option even for sensitive skin.

Leave the lotion in favour of richer face fare. CARE by Stella McCartney Nourishing Night & Day Cream ($97) for dry and very dry skin is an entirely natural protective formula with certified-organic active ingredients. If your skin is particularly fragile, you may need extra help. Vichy Laboratoires Aqualia Thermal Mineral Balm ($34) has Omega 6 oils and soothing thermal water to calm, strengthen and shield super-stressed skin. Lips need love, too — Green Beaver Après Ski Winter Lip Balm ($3.50) is an all-natural salve with aloe and Vitamin E.

CARE by Stella McCartney Nourishing Night & Day Cream ($97), right, and Green Beaver Après Ski Winter Lip Balm ($3.50), above.

Body care

In the shower, ditch soap for moisturizing wash such as Olay Quench Body Wash ($5.99) — or try L'Occitane Almond Shower Oil ($24), which actually lathers up and leaves skin silky, not slick.

Again, exfoliated skin sucks up moisture better, so use a scrub every few days. Naturally Upper Canada Cranberry-Moro-Orange Coarse Salt Scrub ($10) does the trick with a mood-boosting scent and without making your tub all slippy. Or try Benefit's handy Wonder Mitt ($16) with your cleanser.

Benefit's Wonder Mitt ($16), right, and Naturally Upper Canada Cranberry-Moro-Orange Coarse Salt Scrub ($10), above.

On still-damp skin, seal moisture in with an ultra-hydrating lotion such as St. Ives Collagen Elastin Body Moisturizer ($6.99), a winter favourite, or Canus Goat's Milk Body Butter with Olive Oil ($9.99). Kiehl's Superbly Restorative Dry Oil ($41) is another excellent option, especially when applied before lotion. And remember oft-neglected hands and nails. Try McBloom's Skin Therapy Extremely Rich Cream ($7); it's a hospital-staff fave.

From left: Olay Quench Body Wash ($5.99); St. Ives Collagen Elastin Body Moisturizer ($6.99); and Kiehl's Superbly Restorative Dry Oil ($41).

L'Occitane Almond Shower Oil ($24), above left, and Vichy Laboratories Aqualia Thermal Mineral Balm ($34), left.

Registry for diabetics set for Ontario

Ontario will be the first province to launch an electronic registry for 900,000 residents with diabetes, beginning with a pilot project this spring.

The registry will provide electronic access to information and educational tools to help those who suffer from the disease better manage their care. Physicians will be able to use the registry to check patient records, access diagnostic information and send patients alerts about checkups and other aspects of care. The registry will result in faster diagnosis and treatment and improved management for people living with diabetes, according to Ontario's health ministry.

The $150-million project is covered under the $741 million in funding over four years announced in July by Health Minister David Caplan for improved treatment, services and education to combat the epidemic of diabetes, which is expected to reach 1.2 million cases in Ontario by 2010. **TORSTAR NEWS SERVICE**

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Chronically ill Canadians wait longest
Canadians with chronic illnesses wait longer to see medical specialists than counterparts in seven other developed countries, a new international survey suggests. **TORSTAR NEWS SERVICE**

Toilet habits: paper versus water culture

HYGIENE

Would you, if given the choice, forsake a roll of paper and select a toilet that offered a warm seat, a cleansing spray, and a waft of warm air to gently dry the essentials?

Such a toilet, which does exist, may seem like just another device of Japanese whimsy to confound the western mind. Perhaps. But these toilets, known as Washlets, are more common than computers in Japanese households. Twenty million are in use in a country of 160 million people.

So far, however, this particular toilet has not found wide appeal in North America. Despite the manufacturer's ad campaign — featuring smiley faces on a series of shapely bums — it's clear that North Americans who enthusiastically drink, bathe and swim in water are not comfortable using it to clean their bottoms.

The world may be divided into the two ways we cling to toilet habits: Some belong to the paper culture, some to the water culture, says Rose George, author of The Big Necessity: The Unmentionable World of Human Waste and Why it Matters.

TORSTAR NEWS SERVICE

Coughing irks colleagues

Tips to combat the onslaught of illness

CELIA MILNE
for Metro Canada

"Drink lots of fluids to hydrate and loosen secretions and flush out toxins." Dr. Brian Levine

The guy in the next cubicle sounds like he's hacking up a lung. Annoying, eh? But, guess what? Next time you have a cough, you'll probably go to work too.

Cadbury, the makers of Halls menthol-lyptus cough drops, did a survey of 1,000 Canadians to tickle out their feelings about coughing. One amusing result was that while 68 per cent of us are irritated by people coming to work sick, 62 per cent of us admit that we also go to work with a cold and cough.

The older we are, the crankier we get about coughing coworkers. More people aged 35 to 54 are bothered (80 per cent) than the more carefree folks aged 18 to 34 (55 per cent).

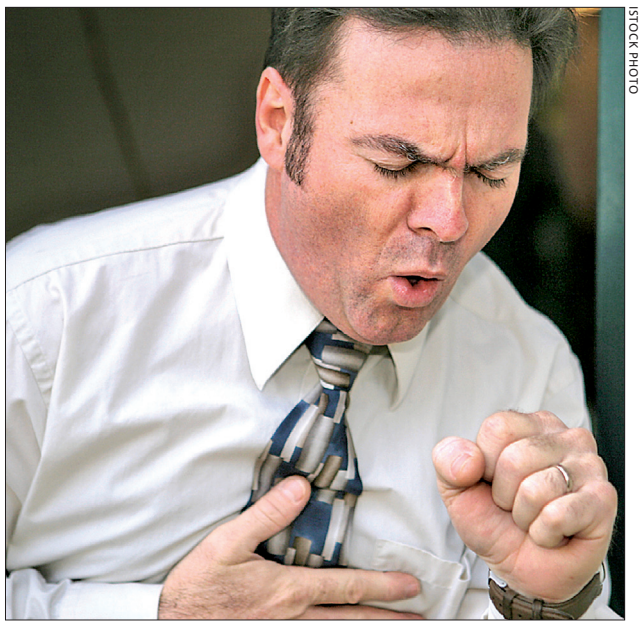
While there's not much we can do about other people's hacking, there are ways to diminish our own coughing fits. "You can have some control and shorten the duration of your cough," says Dr. Brian Levine, medical director of The Cough Centre in Orange County, Calif. Here are his tips for the four stages of a cough:

1) First stage You feel a heavy head, you're dragging. Your throat is itchy. Your have a clearing-your-throat-type cough. "This is the most infectious stage," says Dr. Levine. "And also the stage you can do the most about." Dial down your schedule to help you fight off infection. Get lots of rest, drink fruit juices, and increase antioxidant intake by eating more fruits and vegetables.

2) Second stage You are actually getting the cold. You're sneezing and have a scratchy throat. This is a dry-sounding cough, which comes in short bursts. It's infectious. "Get lots of sleep. Drink lots of fluids to hydrate and loosen secretions and flush out toxins," says Dr. Levine.

3) Third stage Now you have a sore throat and congestion; you may have fever and chills. This cough is "deep and loud and wet and distracting" and is the one that most irritates coworkers. It is still infectious. Use saline nasal rinses twice a day and use a warm steam vaporizer at night. Don't exercise. "Mellow out. Take it easy and build up your endorphins. Read a good book. Listen to great music."

4) Final stage You are feeling better, but still have a tight cough with a wheeze at the end. This cough is not infectious. Emphasize protein in your diet. Get back to exercising, especially stretching and strengthening. Do deep breathing exercises.



ISTOCK PHOTO

According to a recent survey, 62 per cent of us admit that we also go to work with a cold and cough.

ADVERTISING FEATURE

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Torontonians can now have their teeth cleaned by a licensed dental hygienist by visiting Independent Dental Hygiene Centres for an introductory $99 cleaning offer. "Access to dental hygiene services is restricted for many individuals due to the cost," says Amina Zaidi, Centre Supervisor. "We bring an affordable and convenient alternative to dental hygiene services currently being provided at traditional dental offices."

In June 2007 a national survey conducted by the Canadian Dental Hygienists Association revealed that the public supports a new relationship with dental hygienists. 85% of survey respondents agreed or strongly agreed that they would visit a dental hygienist in an independent practice, because dental hygiene care is important to keep their mouth healthy.

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More problems with diabetes drug

The controversial diabetes pill Avandia failed to significantly slow plaque buildup in heart arteries compared with an older drug, though there were some hopeful signs in a new study. THE ASSOCIATED PRESS

Calling all game widows

The J Spot

Josey Vogels

Sex talk with Josey

Have you become a game widow because of your partner's obsession with online gaming?

The tragic death of Brandon Crisp has raised serious concerns about teens and online gaming. But parents aren't the only ones struggling. If you've heard the phrase, "Five more minutes, hon" one too many times from your beloved, you may have come to be known as a 'Game Widow.' And the consequences can be equally serious.

Game Widow author Wendy Kays tells me about one couple in which the husband was a stay-at-home dad, except his obsessive online gaming habit left little time for parenting. Through the game he met a female avatar (your online character) and married her online, convinced he wasn't cheating because it was only a game. When his teenage son discovered this, his father told him not to tell mom, showering the boy with gifts and attention to keep him quiet. The son eventually attempted suicide.

With the explosion of MMORPGs (massively multi-player online role-playing games, like Second Life and World of Warcraft), the number of online gamers is growing, ergo, the number of Game Widows. Only about 10 to 20 per cent of those who play these games become obsessed, but considering that World of Warcraft alone has about 10 million players worldwide, based on population statistics, there are probably one million Game Widows for that one game alone. "And that's lowballing it," says Kays.

How do you know if your partner has a problem? "It's hard to put a number on it. In fact, some people like that their partner spends so much time online because it frees them up to do what they want. I say that if you are emotionally involved with a game you've never played, you're a Game Widow," says Kays.

"If you are emotionally involved with a game you've never played, you're a Game Widow."
Author Wendy Kays

The biggest problem with these games is something Kays refers to as "the glue," that is, the aspect of these games that gets men and women players emotionally involved. "You have a unique persona and relationships with other people in a fantasy world you control, that may feel more fulfilling than your real life."

And having a partner constantly at you to stop often only succeeds in pushing them deeper into their feel-good world. Kays, a former Game Widow herself, suggests instead that you disengage with the person and the activity. "Don't bring them food or take care of their chores while they play, and stop apologizing or making excuses when they don't show up for family events or call in sick for work because they'd rather be gaming."

Then, map out a "game time" and "you time" calendar together. "When we did it, I stopped nagging because I knew my time was on the calendar," says Kays. "And he realized he wanted to play more than he had estimated, which was an eye opener for him. He realized gaming was running his life. And when he realized that, he went out and got an MBA in the time he'd been spending gaming."

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Grapes can lower BP

STUDY Eating grapes may be helpful in fighting high blood pressure.

A study conducted in lab rats at the University of Michigan has found that those who ate grapes (in powdered form) had lower blood pressure and healthier hearts than those who weren't fed the grape mixture.

Grapes of all colours — black, green and red — are high in nutrients called flavonoids, which have many heart-healthy benefits. This study, which was published in the October issue of the Journal of Gerontology: Biological Sciences, adds to a growing body of knowledge about flavonoids. Doctors recommend those with high blood pressure eat plenty of fruits and vegetables and cut down on salt.

CELIA MILNE/FOR METRO CANADA

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Rowling to give book proceeds to orphans
Harry Potter author J.K. Rowling hopes to make $30 million US for orphaned children with the profits from her new book. The writer will hand the proceeds from The Tales Of Beedle The Bard to the Children's High Level Group, which provides support for parentless kids in Eastern Europe. IMDB.COM

Entertainment

Model host

Jay Manuel will be back as host for the next season of Canada's Next Top Model on CTV. Auditions for contestants continue until Dec. 22. Information at model.ctv.ca.
TORSTAR NEWS SERVICE

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Serena Ryder doing OK

Singer-songwriter blends soulful vocals, folk rock

BRIAN COULTON
for Metro Canada

When Serena Ryder won the Juno Award for Best New Artist in April, many were left scratching their heads.

"They probably think I'm a lot more talented than I actually am!" Ryder says, laughing.

Surely, it was not in criticism of Ryder's deservedness of the accolade. But to them, her name was nothing new at all. She's just one member of a group of underrated Canadian female singer/songwriters, which also includes Emm Gryner, Damhnait Doyle and Esthero.

Ryder may have been active in the Canadian music industry for years before nabbing the Juno, but in collecting the honour, the 25-year-old found opportunity for self-renewal.

"That's kind of a global desire to have that newness in the world, to feel like you're starting over again and to have a fresh start," she says. "I think it's amazing that they believe I'm at the beginning of my career. That gives me the inspiration to go a lot further."

EMI MUSIC PHOTO

Serena Ryder won the Juno for Best New Artist earlier this year.

While the acknowledgement wasn't needed, it did reassure her that the industry was finally becoming more receptive of her. "It's given me that feeling inside my belly that I feel like I have the support behind me," she says. "That's one of the most important things, as a human in this world, to have that support and know your peers and family are all behind you."

That level of endorsement resulted in the emotionally fitful soul bearing contained on Is It OK, Ryder's new album. With her indefinably strong, but savoury vocals and guitar-led folk rock instrumentation, Ryder says she was able to release pain she was feeling, which she says is typically suppressed by most. "That pain is an important part of our lives. A lot of this record was me allowing that pain to come out and to be present in the process."

Her lead single, Little Bit of Red, exemplifies that liberation. At the height of the song's chorus, Ryder sings, "Your black and white needs a little bit of red," reflecting on her frustration with constant human urge for self-definition in order to feel comfort.

"I like to think of the line as maybe even bleeding a little bit," she says. "The song is really about trying to fit yourself into those boxes and using those boxes as excuses for a lot of your fears. But humans are multi-faceted beings. There's never one thing that can define us."

in concert

- Serena Ryder plays The Mod Club Theatre tomorrow.

Sound of Music's local run extended

THEATRE Fans of musicals have something to sing about — The Sound of Music has extended its Toronto run until March 29 at the Princess of Wales Theatre.

Tickets ($26 to $120) for this new booking period are on sale now at mirvish.com, by calling 416-872-1212 or 1-800-461-3333, or at the Princess of Wales Theatre box office.
METRO NEWS SERVICES

More laughs for sketch comedy fest

JIM REYNO
Metro Canada

In this case, getting sketched out is a good thing.

The fourth annual Toronto Sketch Comedy Festival kicks off today with more acts, more venues and more chances to catch the entertainment.

"We've been steadily growing each year," said festival co-founder Paul Snepsts, part of the acclaimed sketch troupe Boiled Wieners. "And there's also a desire on the part of the performers ... to have more than one performance.

"So we've added the third venue and spread it out a little bit, so that everyone could get at least a couple of kicks at the can."

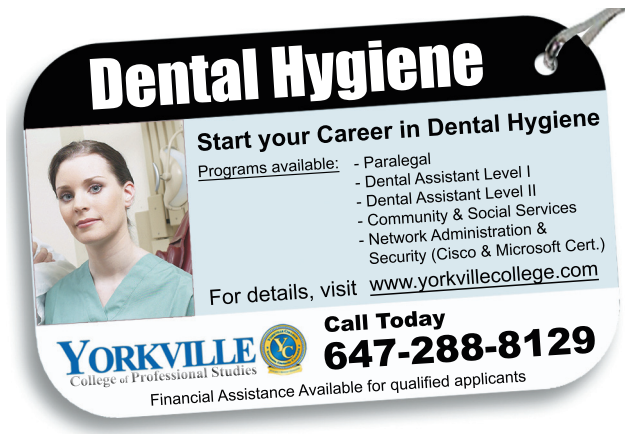
The Comedy Bar at 945 Bloor St. West is the new venue, joining Second City (51 Mercer St.) and The Diesel Playhouse (56 Blue Jays Way). There are 37 acts at this year's fest, 28 of which are homegrown in T.O. Among the guests are Halifax's Picnicface, Montreal's Uncalled For, and Dance Party of Newfoundland, winners of the Second City Best of the Fest Award last year. Other returning acts include New York's Drop Six, as well as Kathleen Turner Overdrive and Shame is Right.

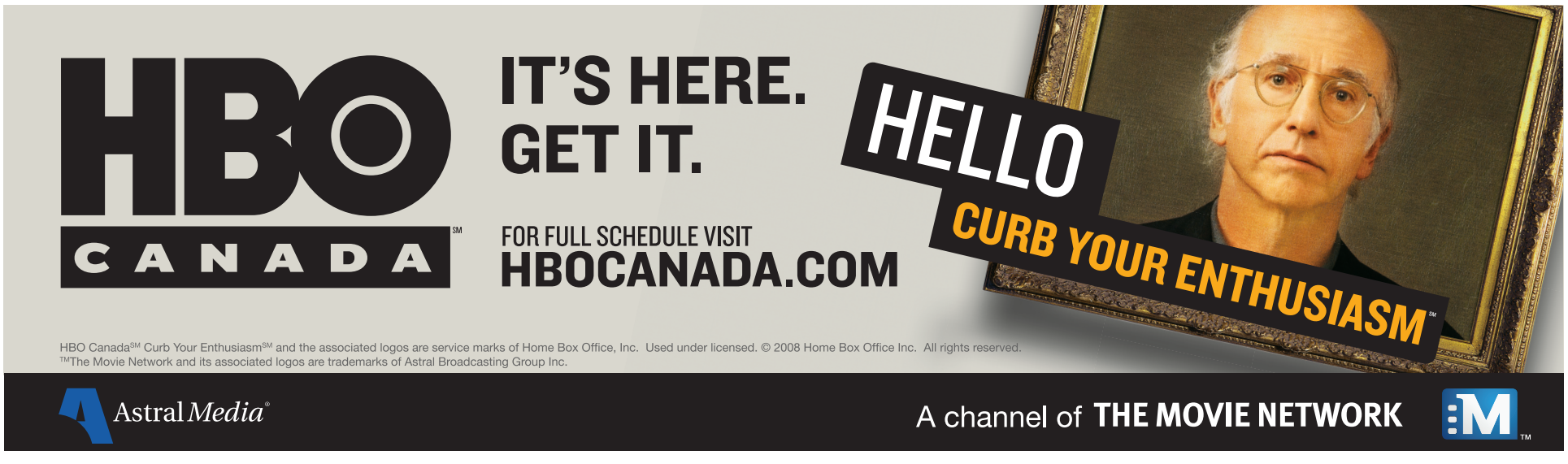
Snepsts said he decided to launch Sketch Fest to give comedy troupes — as opposed to standup comedians — a chance to perform.

"Sketch is a little different because it straddles the line between just a bunch of dudes in jeans getting together, cracking jokes and wearing wigs, and the requirement for a fully featured theatre."

more details

- The Toronto Sketch Comedy Festival runs today through Nov. 23. Get full details at torontosketchfest.com.

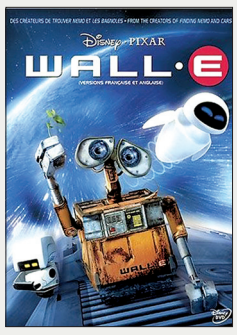




Leo lowers his profile
Actor Leonardo DiCaprio is reportedly cutting down the time he spends talking about environmental issues because he doesn't want to sound "patronizing." **IMDB.COM**

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

DVD picks



WALL-E
Director: Andrew Stanton
Rating: G

IN THE FIRST half-hour, when barely a recognizable human word is heard, and the camera moves restlessly over a devastated Earthly landscape circa 2700, you might think you're about to be schooled in an animated version of Al Gore's vision of the environmental apocalypse.

But you'd be wrong. Far from being a downer diatribe on our worst human follies, Pixar's latest gem is a love story.

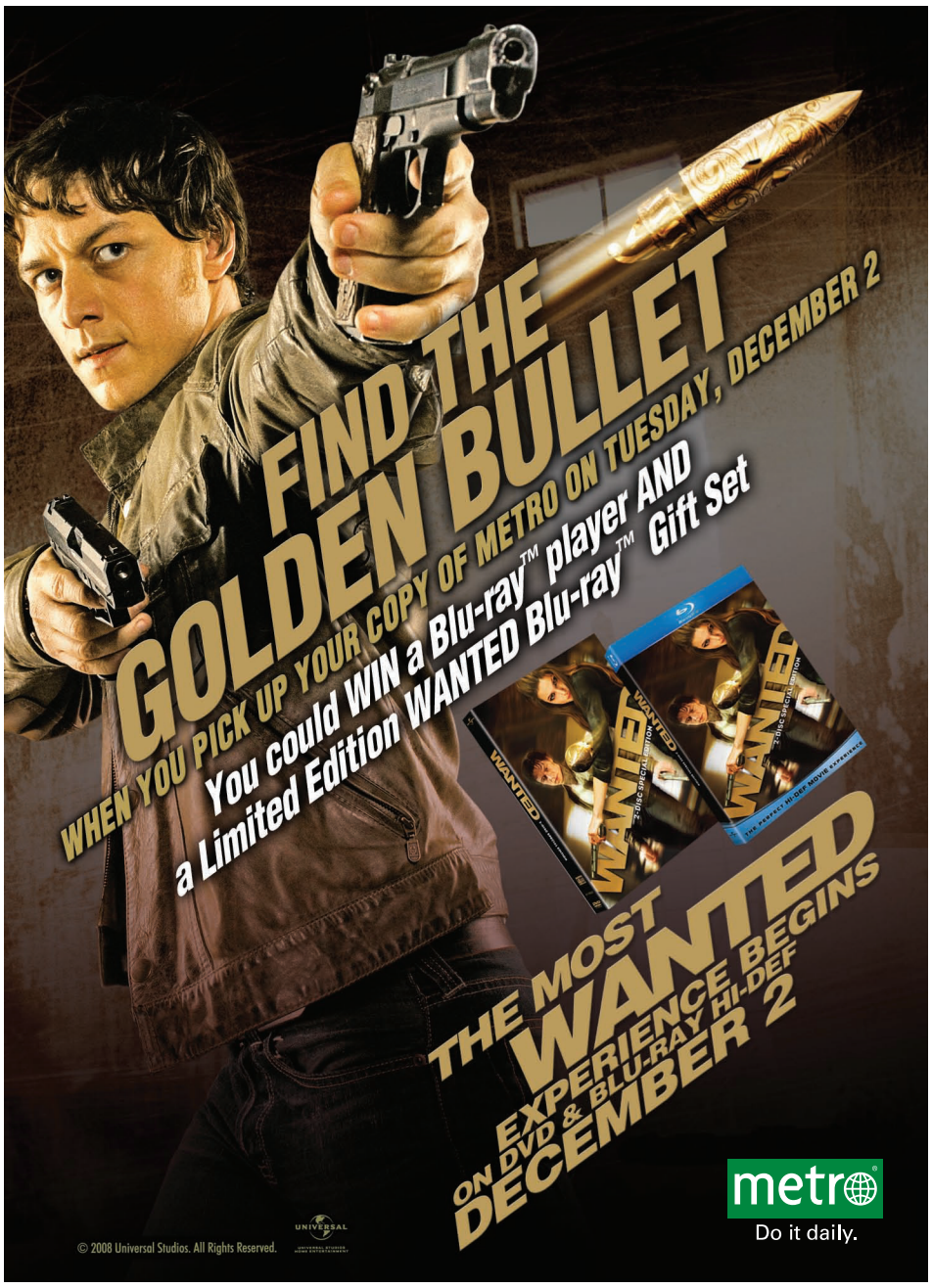
WALL-E (Waste Allocation Load Lifter Earth-class), the little robot who could, has been cleaning up the Earth for hundreds of years after the last human has left following a global disaster. He cheerfully compacts trash into cubes before stacking them up.

Aside from his little cockroach friend, he's alone — and often lonely — on the planet. That is, until a sleek white bot named EVE shows up to search for some extraterrestrial vegetation to evaluate.

WALL-E is a goggle-eyed rust-pot with treads for feet and a big thumping mechanical heart; he's R2-D2 and E.T. smashed into one irresistible mobile love machine. A delight for both children and adults alike.

Extras include deleted scenes, humorous shorts about the film's fantasy BnL corporation, a featurette about the history of Pixar and Presto, the superb animated short that preceded theatrical screenings.

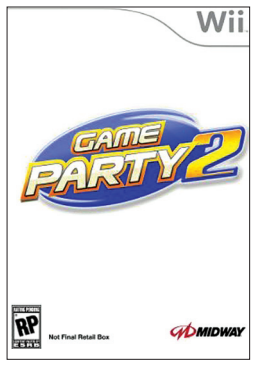
TORSTAR NEWS SERVICE



WiiMusic is a snooze

WiiMusic
Publisher: Nintendo
Rated: E
Score: ●●

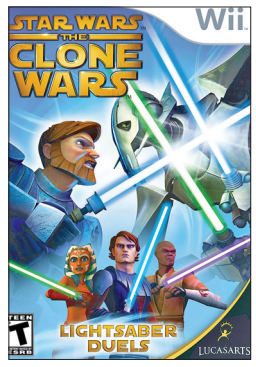
Much like Guitar Hero or other rhythm-based games, WiiMusic relies on keeping the beat. Choose over 60 instruments that require mimicking one of four different control schemes to play (horn, percussion, guitar and violin). No need to worry about hitting a wrong note: The Wii chooses them for you. But that's exactly the problem with WiiMusic: The strong autopilot gives you no real incentive to play — you're just waving the remote and nunchuck around in time to the downbeats. Add a shortlist of unlockable, tepid songs and the game wears out its welcome all too quickly.



Game Party 2
Publisher: Midway
Rated: E
Score: ●½

Ever wanted to play a game of lawn darts without having to physically drag your butt out to the backyard to do it? Your ship has come in: A triumph of lethargy, Game Party 2 collects 11 basic events for the casual player such as horseshoes, hoop shots and Skee-Ball. The controls are more or less the same for every event — hold A, throw and release. The games amuse for about five minutes until you finally conclude you could do this for real and get some actual exercise and fresh air.

GamePicks



Star Wars: The Clone Wars — Light Saber Duels
Publisher: Lucasart
Rated: T
Score: ●●●½

You use your Wii remote as you would an actual lightsaber, swinging and thrusting as you battle your way through the Clone Wars. You've also got force attacks, the ability to throw objects at your opponent, and special combos depending on which character you use.

The action is heavy, but the violence is relatively light — making this one a perfect choice this Christmas for the boy, whether he's seven or 28 (and still living in your basement).

BRIAN TOWIE/ METRO CANADA

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Trailer Park Boys to release second movie next fall, then say goodbye

PHILIP CROUCHER
Metro Canada

The Trailer Park Boys will soon be no more.

After seven successful seasons, the cult favourite Canadian mockumentary TV series, set in a fictional Nova Scotia trailer park, is coming to an end in the fall of next year.

Creator Mike Clattenburg broke the news recently in a blog posting on the Showcase website. There will be a one-hour TV special on Showcase Dec. 7 at 11 p.m., followed by a sequel to their hit movie which will hit Canadian theatres in October, 2009.

But after that, it's so long to Ricky, Julian, Bubbles and the rest of the Sunnyvale gang.

The Trailer Park Boys will retire their characters after the release of Countdown to Liquor Day.

"Yes, it's the end of Trailer Park Boys," Clattenburg wrote on his blog. "Our fans have been so supportive and inspiring that we wanted you to be the first to know.

"Much love and thanks from all of us at Sunnyvale Trailer Park."

Trailer Park Boys began in 2001 and quickly gained a cult following with the lead trio of Robb Wells (Ricky), John Paul Tremblay (Julian) and Mike Smith (Bubbles) becoming Canadian stars. The series revolves around Ricky, Julian and Bubbles as they continually screw up get-rich-quick schemes while being followed by a documentary film crew.

Trailor Park Boys became the highest-rated Canadian show on specialty TV in 2004, and that same year, also won the Gemini Award for Best Comedy Series. In 2005, it won the Gemini for Best Ensemble Performance in a Comedy Series.

Clattenburg released the Genie-nominated film Trailer Park Boys: The Movie in 2006. The working title for the sequel is Countdown To Liquor Day.

The Sisterhood of the Traveling Pants 2

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- Mark S. Allen, THE CW NETWORK/SACRAMENTO

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School doesn't prep for all of life

HineSight

Anne Hines

I think I've learned a very important life lesson. No one can teach you what you really need to know. When my younger daughter, Becky, went to university this fall, her dad and I hoped she'd learn many useful things. Ideally, some of it would be in the classroom.

So far Becky has shared that she now knows mixing shooters with beer is a bad idea. And, if you leave a pizza unattended in the co-ed lounge while you go grab a Coke, you're going to have to learn to live with disappointment.

Becky has learned a few academic lessons as well. Unlike high school, she no longer leaves her classwork for the night before it's due. University libraries are open 24-hours. Now she leaves it until the morning it's due.

To be fair, I recall learning some less-than-useful things when I was in college. In a first year philosophy course, our main exam question was, "There is a chair in a room. If you leave the room, does the chair still exist?" We were asked to list what possible questions this concept poses.

My answers included, "If you're not in the room, who cares if the chair is still there?" and, "Is the chair facing a television?"

Needless to say, I did not do particularly well on that test. I did get a marginally better grade than my classmate who asked, "Is there a matching ottoman?"

These days I'm back at university studying to be a United Church minister. Once again, I've realized that what we learn in a classroom doesn't always prepare us for real life. What I've come to believe about religious texts is, if they leave you feeling you have all the answers, you're probably not asking yourself the right questions.

My school work assignment is being student pastor in an "end of life" care hospital. The first day, I broke a light in the lounge, set off the medic alarm in five separate rooms and almost lost a patient down a ramp as I attempted to fix his wheelchair brake. A nurse called me over as I was leaving. "These people are dying already, honey," she said gently.

"They don't need your help."

When it comes to Becky's life, or mine, perhaps no school can teach us what we really need to know. So, how will we achieve the wisdom we need? By living.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

TVO opens new digital studio

RICK MCGINNIS
rick.mcginnis@metronews.ca

TELEVISION TVO's midtown Toronto studio threw opened its doors last Wednesday for the dedication of a new, state-of-the-art digital studio named after the Ontario premier who was responsible for the channel's founding four decades ago, and to celebrate the public broadcaster's survival in a environment that is often moving faster than well-funded private networks.

The William G. Davis studio, named after Ontario's premier from 1971 to 1985, upgrades TVO's facilities to an all-digital, high-definition environment, where studio and screen configurations can be changed at the press of a button.

The renovation cut down the number of studio spaces from 5 to 3, and the number of control rooms from 3 to 2, and the network's reorganization of its broadcast and online technologies makes economical use of consumer technologies like Skype and YouTube, Flickr and Twitter.

Davis gave a witty and acerbic speech where he noted that many of TVO's later supporters were adamant opponents of his championship of what began airing in 1970 as CICA.

The network has been a pioneer of children's programming, and recently become a credible public affairs competitor with its federal cousin, the CBC with shows like Steve Paikin's The Agenda.

Coltrane the polarizer

Coltrane: The Story of a Sound
Author: Ben Ratliff
Publisher: Picador

REVIEW There's a telling scene in the movie Mr. Holland's Opus, where star Richard Dreyfuss' character says he hated John Coltrane's music when he first heard it — but eventually grew to love it.

For those familiar with Coltrane's sound, the effect is often polarizing.

Ben Ratliff, jazz critic of The New York Times, explores that polarization and a whole lot more in the meticulously researched The Story of Sound — a must-read for Coltrane fanatics.

Ratliff splits his book into two parts. The first is an analysis of Coltrane's musical progression, followed by an in-depth look at his legacy.

If you're looking for a lot of anecdotal info on Coltrane's life and relationships, this book probably isn't for you — although there is some of that.

Ratcliff's focus is the music, which he explores clearly and impartially. It's the proper tact to take when writing about a musician who inspired such passionate feelings.

JIM REYNO/METRO CANADA

Up next
Film director Marc Forster is eyeing up his next mission: He is to film a big-screen adaptation of Max Brooks' best-selling novel World War Z. **IMDB.COM**

Unreleased Beatles track Carnival of Light may have its time to shine

Paul McCartney says it's time an experimental Beatles track saw the light of day.

McCartney says he wants to release Carnival of Light, a 14-minute experimental track recorded in 1967 but never released. The band played the recording for an audience just once, at an electronic music festival in London. It reportedly includes distorted guitar, organ sounds, gargling and shouts of "Barcelona!" and "Are you all right?" from McCartney and John Lennon.

McCartney would need permission from Ringo Starr and the widows of Lennon and George Harrison to release the track.

THE ASSOCIATED PRESS

In brief

COURTS The son of an Arab monarch is suing Michael Jackson, alleging the singer broke an agreement for a new album and book. **THE ASSOCIATED PRESS**

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No ER visit for Margulies
Former ER star Julianna Margulies turned down an invitation to reprise her role for the final series of the medical drama because she doesn't think her character's storyline can be improved. IMDB.COM

New American Idol season, new rumours

IntelleVision

Rick McGinnis
rick.mcginnis@metronews.ca

PROVING A NEGATIVE: American Idol begins in a couple of months, which means it's time for the annual "Paula — nuts or toast?" rumours. They've begun right on schedule, with a denial by her publicist (there's a job you'd take only if the alternative was incurable cancer) published in the Los Angeles Times, in response to a rumour that apparently started with OK magazine before gaining traction on Perez Hilton's website.

(Excuse me for a second while I ponder this dubious chain of information — it's the sort of questionable authority that would make me doubt basic laws of physics should they confidently report on rumours of gravity or photosynthesis in action.)

"It's absolutely untrue," said Abdul's publicists in response to the story that she was leaving the show, though a further rumour was offered up by a nameless source that it was a ploy by Abdul to renegotiate her contract.

From where I'm sitting, it's a tactic somewhere up there with the fundraisers at your old school telling you that the alma mater will cease to be if you don't write a cheque now.

Another rumour proved untrue was the one that NBC had canceled Lipstick Jungle, which had prompted fans of the show to start sending the network — get ready for it — tubes of lipstick in protest.

"Our bosses are saying, 'You're not cancelled, don't worry. We're just trying to figure out how to make this make sense,'" said Star Brooke Shields in an US magazine story. Her show is apparently one of many that rely on delayed viewing on DVRs, sucking the air out of the show's overnight ratings and putting it in jeopardy. "I think on Monday there are emergency meetings as to what's going to go on."

Rick McGinnis writes about music, movies, books and television, but not opera.

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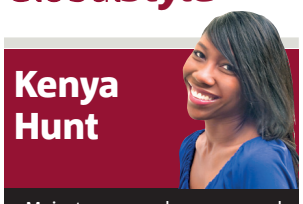

Kenya Hunt

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primetime 11/18/08

TO	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
	265	353	2 TVO	Undersea Exp.	Parks	The Agenda With Steve Paikin		The Children (Part 1 of 3) (N)		The Mummy Diaries		Agenda-Paikin
	211	331	3 GTV	ET Canada	Entertainment	House "Emancipation"		(9:01) 90210 (N)		Kitchen Nightmares (N)		News (N)
	215	343	4 OMN1	Two-Half Men	The Simpsons	News (N)		Vivere II	News (N)	The Simpsons	King of the Hill	Metropia
	210	302	6 CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	The Tudors		CBC News: The National		The Hour
	214	344	7 CITY	Law & Order: SVU		Rita Rocks	Rita Rocks	Privileged (HDTV) (N)		Hates Chris	Friends	News (N)
	212	313	8 CTV	etalk	Hollywood	Law & Order (HDTV) (N)		Dancing With the Stars		Law & Order: SVU		News (N)
	218	345	11 E!	The Insider (N)	E! News	The Biggest Loser: Families (N)				The Best Years (DVS)		News (N)
	137	763	13 TFO	Panorama		Canada	Villages	*Une femme est une femme* ★★ (1960)			Aventures	Les Couleurs
	-	-	14 -	Cold Case "Wishing"		News (N)		News (N)		2Half Men	King	Cold Case
	213	326	15 SUN	Scrubs	George Lopez	*Comfort House* (2006, Drama) Sheryl Lee, Yannick Bisson.				To Serve and Protect		Grill Rm.
	-	387	16 CBS	Inside Edition	Hollywood	NCIS "Cloak" (HDTV) (N)		The Mentalist (HDTV) (N)		Without a Trace (N)		News (N)
	-	385	17 NBC	The Insider (N)	Entertainment	The Biggest Loser: Families (N)				Law & Order: SVU		News
	-	386	18 ABC	Wheel-Fortune	Jeopardy! (N)	Dancing With the Stars		Dancing With the Stars		(10:02) Eli Stone (N)		News
	219	346	20 ACH-B	Instant Star	TMZ (N)	Pushing Daisies (N)		(9:01) Fringe (N)		(10:02) Eli Stone (N)		News (N)
	-	-	28 FOX	Judge Judy (N)	Two/Half Men	House "Emancipation"		(9:01) Fringe (N)		Seinfeld	Two/Half Men	The Simpsons
	-	388	61 PBS	News-Lehrer	Keeping Up	My Health	Life Journeys	Frontline (HDTV PA) (N) (DVS)			Values-School	Business Rpt.
	297	652	330 WPX	Two/Half Men	Family Guy	90210 (HDTV) (N)		Privileged (HDTV) (N)		CW11 News at Ten (N)		Two/Half Men
	296	654	331 SBK	Wheel-Fortune	Jeopardy! (N)	Dr. Phil (HDTV)		WBZ News (N)	'70s Show	Frasier	Frasier	Punk'd
	298	653	332 TLA	Jamie Foxx	Wayans Bros.	My Wife-Kids	According-Jim	Family Guy	Family Guy	Two/Half Men	Two/Half Men	90210 (N)
news	502	390	26 NW	CBC News	Newman	The Hour		CBC News: The National		Fixing My Brain (N)		National
	500	500	33 CNN	Lou Dobbs Tonight		Campbell Brown: No Bias		Larry King Live		Anderson Cooper 360 (HDTV)		
	509	504	79 CNB	CNBC Reports				On the Money		The Big Idea With Deutsch		Mad Money
sports	405	417	22 net	Billiards US Open 9 Ball 2008.		World Combat League		The Ultimate Fighter		Sportsnet Connected		Hockey Central
	400	400	30 TSN	NHL Hockey Montreal Canadiens at Carolina Hurricanes. (HDTV) (Live)					SportsCentre		That's Hockey!	SportsCentre
	411	457	58 OLN	Ed's Up	Videos	Survivorman		Angry Planet	Flying Doctor	Which Way to...		Pilot Guides
	417	406	81 SC	Pinks	Pass Time	Low Life	Low Life	Super Bikes!	Super Bikes!	Unique Whips	Hot Import	2010 Mustang
family	551	542	25 YTV	Malcolm-Mid.	Home Improve.	Malcolm-Mid.	Sabrina-Witch	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline Proj	Mystery Hnt.
	554	544	45 TEL	George-Jungle	Bugs Bunny & Tweety Show		Wayside	Johnny Test	Futurama	American Dad	Robot Chicken	Rick & Steve
	556	540	51 FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
cable variety	602	567	27 W	Will & Grace	Friends	How to Look Good Naked		Style by Jury	Style by Jury	How to Look Good Naked (N)		Maxed Out
	570	580	29 MM	Degrassi: Next	Instant Star	disBand	Technical Diff.	You Can Dance		Dance	On Set: Girl	MuchTopTens
	615	520	31 A&E	CSI: Miami "Big Brother"		The First 48 (HDTV)		The First 48 (HDTV)		The Rookies	The Rookies	Jacked: Theft
	700	800	35 TLN	Centrovetrine	Sky TG 24	Serie A	Magnifica Italia	48 Ore		Raymond	Raymond	George Lopez
	571	581	36 MMM	mmmtop	Where You At	Listed (Part 2 of 2)		Popaganda "Sellebrity"		Don't Forget the Lyrics!		Party of Five
	575	583	38 CMT	Canada Countdown		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Cheerleaders
	616	521	39 SHO	About a Girl	About a Girl	The Best Years (DVS)		Testees	Trailer Park	The Shield "Petty Cash"		House
	620	523	40 BVO	Desperate Housewives		Live at the Rehearsal Hall		Each Day		The Bravo! Concert Hall		Law & Order
	601	562	41 SLC	End of Leash	ET Canada	Wedding SOS	In Laws	Rich Bride, Poor Bride		Tori & Dean: Home		Wedding SOS
	522	506	43 HIS	NCIS "Doppelganger"		Outlaw Bikers		Ax Men		NCIS "Doppelganger"		Crime Stories
	625	548	44 COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	S. Silverman	Flt.-Conchords	Daily Show
	600	564	46 H&G	House Hunters	Property Virgin	Pure Design	Style	Sarah's House	Design Inc.	Colin & Justin's Home Heist		Holmes-Homes
	294	529	47 TBS	House-Payne	House-Payne	*The Mighty Ducks* ★★ (1992, Comedy) Emilio Estevez.				Steve Harvey	Family Guy	Family Guy
	576	582	49 BET	106 & Park: BET's Top 10 Live		*You Got Served* ★★ (2004, Drama) Marques Houston.				Keyshia Cole	Brother	Judge Hatchett
	627	528	50 SPC	Lost "Lockdown"		Star Trek: Next Gener.		Battlestar Galactica		Rabbit Fall (N)	The Circuit	Stargate SG-1
	581	566	52 MTV	Busted	After	MTV News	Cribs	Paris Hilton's My New BFF		Paris Hilton's My	New BFF	MTV Live
	618	524	54 TROP	Beverly Hills, 90210		Planet Soap	What Happen?	Family Guy	Seinfeld	Seinfeld	King	Family Guy
	603	561	56 FOOD	The Main	Chef at Home	Restaurant Makeover		The F Word (N)		Chef School	At the Table	Restaurant
	261	394	60 V	Murder, She Wrote		Bless-Father	On the Buses	Quantum Leap		Jonestown Paradise Lost (N)		
	621	527	63 STR	The Ellen DeGeneres Show		TMZ (N)	etalk	The Tonight Show-Jay Leno		Paris Hilton's My New BFF		TMZ
	553	546	65 TRE	Ni Hao, Kai-lan	Nght Grdn	Toot & Puddle	Franklin	Little Bear	Maggie-Beast	Comfy Couch	Rolie Polie Olie	Beren. Bears
	115	711	101 TVA	Occupation	Vidéos	Histoires-filles	Caméra café	La Promesse (HDTV) (SC)		TVA 22 heures	(10:45) Denis Lévesque	
	126	730	102 RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	526	507	249 VIVA	Judging Amy		Commander In Chief		The West Wing		Encounters	In Dreams	Psychic Inv.
	300	601	301 M1	(7:15) *'Til Lies Do Us Part* (2007, Drama), Paula Trickey				*I'm Not There* ★★★ (2007, Biography) Christian Bale, Cate Blanchett.				
	305	612	306 PIX	(7:15) *Breach of Faith: Family of Cops II* ★★ (1997)				*The Great White Hype* (1996, Comedy)			(10:40) *Black Pearls*	

critics' corner

Rabbit Fall
In this new episode, Tara and Zoe (Andrea Menard, Tinsel Korey) discover the dead body of a girl in the woods. It turns out that this particular part of the forest is sacred and has some dangerous powers. Tara strongly suspects that Simon Blackhorse (Patrick Bird) is responsible for the girl's death when she finds out he sent her there for a traditional berry fast. 10 PM on SPCIt's only a game?

NCIS
In this new episode, Gibbs (Mark Harmon) and the team are forced into a war game that not only proves dangerous but reveals a shocking secret — but these folks are no strangers to big revelations in "Cloak." 8 PM on CBS

The Tudors
As Henry (Jonathan Rhys Meyers) gets some unhappy news, tempered by an enjoyable encounter, Anne (Natalie Dormer) fears that the continuing presence of her predecessor (Maria Doyle Kennedy) is a threat to her position. 9 PM on CBC

Sweetin inks deal for sobering memoir

Former Full House child star Jodie Sweetin has signed a six-figure deal for her forthcoming memoir about her battle with drugs and alcohol. The book, tentatively titled Wild Cards, comes three years after she kicked the habits. IMDB.COM

Celebrity Buzz

Pam goes punk as Westwood model

MODELLING Former Baywatch beauty Pamela Anderson will replace her famous red swimsuit with more offbeat attire — she is to model for punk fashion designer Vivienne Westwood, imdb.com says.

The actress has reportedly signed a six-figure deal to be the face of British designer Westwood's spring/summer range next year.

A source tells Britain's Mail On Sunday newspaper, "Vivienne and a team of stylists and photographers jetted to Los Angeles last week to shoot Pammie in the new campaign.

"She met Vivienne at one of her parties last year and they hit it off. Vivienne loves the quirkiness of having Pam in one of her campaigns."

Westwood's outrageous designs became popular with Britain's punk rock bands in the 1970s.

METRO NEWS SERVICES

Straight Lindsay set to leave Sam?

RELATIONSHIPS Lindsay Lohan is reportedly set to split from girlfriend Samantha Ronson — because she has realized she is not gay, imdb.com reports.

The pair sparked gossip about the extent of their friendship when they were spotted kissing and cuddling in Cannes, France, earlier this year.

Now it is claimed Lohan is getting tired of Ronson's constant presence — and is starting to question her own sexuality.

A source tells British newspaper the News of the World, "Linds is on the brink because Sam won't leave her side. Whenever she does, Lindsay's on the phone telling her mates she's decided she's not a lesbian.

"Of course she still has feelings for Sam — but she also feels like she has to escape."

METRO NEWS SERVICES

Kidman superstitious about her marriage

RELATIONSHIPS Nicole Kidman is so determined to make her marriage to Keith Urban last, she "touches wood" every day for good luck, imdb.com reports.

The Oscar-winning actress wed the country singer in June 2006, and they had their first child together — daughter Sunday Rose — in July.

But the Moulin Rouge star insists she and her husband have to work hard at their marriage if it is going to last the distance.

Kidman tells USA Today newspaper, "We're both willing to move mountains to make it work and, with that, you still touch wood. You commit to it and say, 'Whatever we can do that's humanly possible, we're going to do.' And that's it.

"I don't take any of it for granted. To have love again is a beautiful thing."

Kidman divorced first husband Tom Cruise in 2001. The pair has two children together: Isabella and Connor.

METRO NEWS SERVICES

Beckinsale won't keep it casual

RELATIONSHIPS Kate Beckinsale refuses to dress down as she believes it would ruin her marriage, femalefirst.co.uk reports.

The Pearl Harbor star hates going without makeup when she isn't working because she thinks her husband, director Len Wiseman, "would be a bit upset if I did."

"It's nice to feel like you're wooing the other person a bit, as once it degenerates into wearing yesterday's sweatpants and farting on the sofa, you lose a bit of the spice," she said.

"You've got to keep up the seduction phase — it's fun."

METRO NEWS SERVICES

Kiefer to move for N.Y. girlfriend

RELATIONSHIPS 24 star Kiefer Sutherland is planning to move to New York City from California, so he can be closer to his journalist girlfriend, Allure magazine style director Siobhan Bonnouvrier, imdb.com reports.

And, he can't wait to live in New York: "There's a sexiness to the people here that's extraordinary. Everybody's full of purpose. No one's just f—king around."

METRO NEWS SERVICES

Taylor hopes to become Dr. Swift

PLANS Teen star Taylor Swift has another career in mind if she tires of singing country music — she hasn't let go of her dreams of becoming a surgeon, femalefirst.co.uk reports.

The 18-year-old singer clings to hopes of a career in medicine, after being named her high school's best dissector in biology.

METRO NEWS SERVICES

Willis' independent streak

CAREER Hollywood newcomer Rumer Willis refused to take any favours from her famous parents, so she could make it as an actress in her own right, imdb.com reports.

The daughter of divorced Hollywood power couple Bruce Willis and Demi Moore was determined to carve out her own career, without being accused of benefitting from her parents' connections.

And Willis is starting to make her own mark on the industry; she recently landed roles in The House Bunny and forthcoming film Wild Cherry.

Dad Bruce says, "She sat us down and said, 'I know you two think you're big shots, but I don't want any help.' And she went off and got work on her own."

Although she now refuses help from her famous parents, Willis' Hollywood career was kick-started by appearances in their films, including Moore's Striptease, and with father Bruce in The Whole Nine Yards and Hostage.

METRO NEWS SERVICES

Is Ferrara 'special person' to Sigler?

DATING Former Sopranos star Jamie-Lynn Sigler has hinted rumours she is dating Entourage star Jerry Ferrara are true, imdb.com reports.

Sigler refuses to confirm they are dating, but says, "He is a special person."

But the star admits her pickiness makes it hard to date: "It takes a lot for me to even want to kiss someone. I have to have a connection and those are rare for me."

METRO NEWS SERVICES

Idol girlfriend calms Cook

RELATIONSHIPS Amid all the American Idol craziness, last year's champ David Cook finds peace and perspective with the help of girlfriend and former Idol contestant Kimberly Caldwell, People.com reports.

"She's a nice break from the chaos," he says.

Just don't ask if they like to do duets. "No, we don't," says Cook.

METRO NEWS SERVICES

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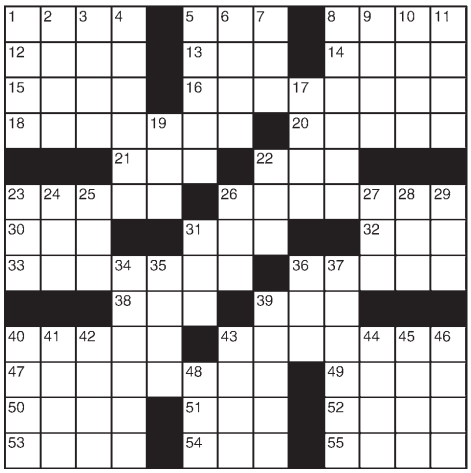

Crossword across

1 Easter entree
5 Old, in the dict.
8 Hooters
12 Curved molding
13 Bikini half
14 Bog matter
15 Gator's cousin
16 2008 Shia LaBeouf movie
18 "M*A*S*H" character
20 German painter Max
21 Golfer Ernie
22 Merit badge org.
23 Amulet
26 Marble type
30 Apply lightly
31 Carpet
32 Solemn promise
33 Sleep
36 Line
38 Census statistic
39 Chignon
40 In the group of
43 Marksman
47 Big name in frozen food
49 Summertime desserts
50 Otherwise
51 Pismire
52 Historic times
53 Apocalypse
54 In medias —
55 Foolproof

Crossword down

1 Ness or Lomond
2 Taj Mahal city
3 Cat call?
4 Ted Danson sitcom
5 Follows orders
6 Scottish hillside
7 Droop
8 Met shows
9 Alternative rock group
10 Potato chip brand
11 Undo a dele
17 For fear that
19 Shade provider
22 Satchel
23 LPs' successors
24 Scoffer's laugh
25 — Dhabi
26 Poolroom stick
27 Previous night
28 Second person
29 Lamb's dam
31 "Catcher in the —"
34 Partnership, in a sense
35 Quiche maker's needs
36 Sine-non link
37 Briefs et al.
39 Borscht ingredients
40 Sleeping
41 Venus de —
42 Approximately
43 Unit of force
44 Beige
45 Calendar quantity
46 Being, to Brutus
48 Corn spike

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	8			4	2			
2	9			3		6		4
		3	9			8	5	
	3	6			4		2	1
			7		6			
9	4		1			5	6	
	7	1			5	3		
6		4		7			8	5
			4	8			7	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

G	I	V	E	■	M	O	P	■	M	A	S	T
A	D	E	N	■	E	V	E	■	E	C	H	O
N	E	A	R	■	C	A	N	A	D	I	A	N
G	A	L	O	S	H	■	S	M	I	D	G	E
■	■	■	O	P	A	L	■	P	U	T	■	■
C	A	N	T	I	N	A	S	■	M	E	A	T
B	R	A	■	T	I	M	I	D	■	S	P	A
S	E	T	S	■	C	A	N	I	S	T	E	R
■	■	■	I	N	N	■	S	C	A	M	■	■
S	H	O	O	E	D	■	L	L	A	N	O	S
C	A	N	B	E	R	R	A	■	R	O	L	E
A	R	A	B	■	U	B	I	■	T	A	L	E
R	E	L	Y	■	M	I	R	■	S	H	A	M

3	9	4	1	8	7	2	6	5
8	1	2	4	6	5	9	7	3
7	6	5	9	3	2	8	4	1
6	2	9	5	4	1	7	3	8
4	7	1	8	9	3	6	5	2
5	3	8	2	7	6	1	9	4
9	4	3	7	1	8	5	2	6
1	5	6	3	2	9	4	8	7
2	8	7	6	5	4	3	1	9

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Chicken with Apricots and Cumin

INGREDIENTS:

2 tbsp (25 mL) sunflower oil
8 chicken thighs, about 1 lb (500 g) in total
1 onion, sliced
2 garlic cloves, chopped
1 tsp (10 mL) ground cumin
1 tsp (10 mL) ground cilantro
1 2/3 cups (400 mL) chicken stock
3 carrots, halved crosswise, then each half cut into 6 to 8 thick pieces
1 bulb fennel, halved lengthwise, then cut crosswise into slices
5 ripe but firm apricots, pitted and quartered
Salt and fresh-ground black pepper
Chopped fennel leaves from the bulb, or herb fennel

METHOD:

1. Heat oil in a large Dutch oven over medium heat. Add chicken thighs and sauté until golden brown all over, 5 to 10 minutes. Remove from the pot. Add onion and garlic to Dutch oven and sauté until soft and golden, about 5 minutes.
2. Stir in cumin and cilantro and sauté 1 minute. Pour in stock, and return chicken to the Dutch oven together with carrots and fennel. Bring to a boil and stir well. Reduce heat, cover, and simmer until chicken is tender and juices run clear when the thickest part is pierced with a knife, about 30 minutes. Uncover and, if there is too much liquid, boil to reduce slightly.
3. Add apricots to Dutch oven and stir gently to mix. Simmer over low heat 5 minutes longer.
4. Season to taste with salt and pepper, sprinkle with fennel leaves, and serve with rice or potatoes.

PER SERVING

360 calories, 24 g total fat, 6 g saturated fat, 12 g carbohydrate, 13.3 g fibre, 22 g protein

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!
Reader's Digest
Diva's Dozen

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
You don't have to bear a pointless burden. Someone is found guilty of showing disrespect. Restrain your temper if alarmed by a loud noise.

TAURUS
APRIL 21-MAY 21
Tears will be in someone's eyes. A neighbour's woes will have a direct impact. A good connection is made with a gleeful person.

GEMINI
MAY 22-JUNE 21
Take heed of a warning. Control your mind and be brave. Don't expect a distasteful man to understand anything.

CANCER
JUNE 22-JULY 22
You're wiser than you feel. Tell the truth about a bad situation. People are pleasant for a good reason.

LEO
JULY 23-AUG 23
Make decisions based on a lack of support. Existential loneliness is the upshot of the latest crisis. Shape the future with yesterday's hero.

VIRGO
AUG 24-SEPT 22
A brave man gives you pleasure. Your sense of judgment is impaired by misdirection. A blabbermouth's falsehood is discovered.

LIBRA
SEPT 23-OCT 23
Everything will work out for the best. A persuasive person wins peoples' hearts. Someone begins a new chapter in their life.

SCORPIO
OCT 24-NOV 22
Material goods become a divisive issue. What you see is what you get. The dictates of a good conscience will smooth a path.

SAGITTARIUS
NOV 23-DEC 21
Imagine the possibility of being free. Socialize with a fabulous man to change your status. It's up to you to fix a dire situation.

CAPRICORN
DEC 22-JAN 20
You'll be the most stable person in a group. A sympathetic approach helps a perplexed friend. Be sure to rest later.

AQUARIUS
JAN 21-FEB 18
Bad times won't last forever. Lower your expectations to find peace. Spend more time enjoying the company of friends.

PISCES
FEB 19-MARCH 20
You'll find out what you really need. A coward will confess with shame. An isolated person takes pleasure in your efforts.

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